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THE
Pastry-Cook's

Vade-Mecum :

OR, A
POCKET-COMPANION
FOR

Cooks, House-Keepers, Coun-
try Gentlewomen, &c.

CONTAINING,

Choice and Excellent Directions, and
Receipts for making all Sorts of Pa-
stry-Work ; Dressing the most Dainty
Dishes ; Candying, Preserving and
Drying all manner of Fruit. As also,
the Art of *Distilling* and *Surgery*.

L O N D O N :

Printed for *Abel Roper*, at the *Black-Boy*
in *Fleet-street*, 1705.

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Printed for J. B. R. at the ...
in the year 1701

THE
PREFACE.

HHealth being the greatest
Comfort and Advantage of
Man's Life, 'tis no won-
der he uses all imaginable Means ei-
ther to preserve it, when he is
blest with it, or to recover it, when
lost. This gives us just reason to
hope, that the following Sheets will
be acceptable to the Publick, since
they contain an Abridgement of all
that may answer those two different
Conditions, to which humane Nature
is subjected, viz. Health or Sicknes.
In the one, we have sometimes occa-
sion to revive a decay'd Appetite by

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the Arts of Cookery; and in the other, we must have recourse to Physick: And tho' the Precepts, relating to both, which are contain'd in this Book, are neither so pompous, nor so numerous as those that may be found in more voluminous Compositions; yet are they not the less Useful, since they are an Abstract of the very Best. In this Pocket-Book, all sorts of People, particularly such as are the least acquainted with Drugs, may find sure Remedies for their Diseases, and procure to themselves the same Relief, which they might expect from the most judicious Physician; whom Patients cannot always consult, either by reason of their Remoteness from great Cities, or their inability to give him a Fee. Besides, by the help of this Book they may
secure

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secure themselves against the Abuses of many greedy and unskilful Apothecaries, who, not to mention their fatal Mistakes, do often clog their Patient's Stomachs with multiplicity of Remedies, whose ill Effect is often more difficult to cure, than the Disease it self: Whereas this Pocket-Book teaches every Body to be his own Physician, and may save him a great deal of Money, by directing him how to buy Drugs at the cheapest Rates; and for half the Money they would stand him in, if prescrib'd by a Doctor, and prepar'd by an Apothecary.

As for the Receipts relating to Cookery and Pastry-Work, they must be own'd to be very useful, since they contain all that may contribute
not.

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not only to the Preservation, but even also to the Recovery of Health: A good Kitchen having certainly a better influence upon our Constitutions, than an Apothecary's Shop. For a skilful Cook, by his nice way of dressing Meats, quickens a pall'd Appetite, and enables a sick Stomach to perform its usual Functions, whereby the continual losses which the humane Body sustains by Transpiration, and the Excrements are effectually repair'd. In this Vade-Mecum Pastry - Cooks, House - Keepers, Country - Gentlemen, &c. will find the best and nicest Ways of making Paste; Preserving, Candying, and drying Fruit; making Cakes; all manner of Sweet-Meats, Minced-Pies, &c. The next Collection of Receipts contains the whole Art of Cookery,

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Cookery, as the making several sorts of Puddings, (a compound for which England is particularly Famous) Fritters, all sorts of Pies, Scotch Collops, Sausages, Sack-Possets, Caudles, Pickles, &c. the drying of Tongues; the Marinating of Eels, &c. All which Things few People know how to Dress, so as to please the Palates of those for whom they are prepared: Whereas any Body that carefully peruses this Book, may supply the want of a Cook and Confectioner; and, if there be occasion, prepare a Feast to entertain the greatest Lord. Nor ought the Reader to call in Question the Goodness of these Precepts, since they are all founded on repeated Experiences, which is the Mother of Cookery, as of all other Arts and Sciences. The Third Collecti-

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on comprehends the Art of Distilling, that is to say, of Extracting from the Vegetable World, all that may be either delightful or useful to Men; of making severel sorts of Waters, Cordials, &c. The Fourth is a curious Epitome of the Art of Surgery and Physick: The Advantages of which have already been hinted at.

THE

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Pastry Cook's *Vade-Mecum.*

To make clear Past of Rasberries.

TAKE the Rasberries, and break them in a Bason without the Stalks, then put them in a course Strainer, and so easily bruise them with your Hand, that the thin Juice may run through into a Bason, then boil that Juice, and take as much Sugar as the weight of it, beat the Sugar fine, then put it into a Skillet with as much fair Water as will wet it; set it upon a soft Fire till it be melted, then make the Fire very hot, and let it boil a great pace, until it stand upon a Plate, and come of clear like a drop of Chrystal; then take

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it from the Fire, and instantly put in the Juice of Rasberries, keeping it continually stirr'd, whilst the Sugar, and the Juice be well mingled together, then put it to the Fire, and give it one warm, and so put it into Glasses for Paste, scarce an Inch thick: If for Marmalade, then almost two Inches; and then put it into a Stone where it may be but warm, and when it is stiff enough that it will cut, then turn it out upon a Sheet of glazed Paper, cutting it in what Fashion you will, and then put them in the Stone again, and so dry them up. When your Marmalade is dry, put it into a cooler place.

Observe, All raw Fruits must be boiled after they come into the Sugar.

Paste of Rasberries with the Stones: Bruise them very well in the Bason underneath your Hands, take out some of the Stones, and then put them into the Sugar as formerly. If you would have the Paste thicker, then strain it nearer.

To make Paste of Apricocks.

Pare the Apricocks, and cut them in slices, put them in a Stone-pot or Jug, half full, covered with a thin Linnen cloth, set it in a Pot of boiling Water to the Neck, so let it boil till they be very tender; then if you would have it clearer Paste, let the thin Liquor run through a Strainer, and so

so put it to the Sugar as formerly, nor boiling it after ; the other will make good Paste, being rub'd in the Strainer with a Ladle. If you will, you may put a little of the pap of *Codlins* to the Apricocks, and put it to the Sugar as before, not boiling it after, and so dish it only.

Paste of Gooseberries are done after the same manner, only the Gooseberries are slit on one side, before they are put into the Sugar. The best Plumbs to make Paste with, are Red and White Pear Plumbs, which are done as the Apricocks are, only not Pared nor Ston'd, but are put in whole.

To make an Artificial Apricock.

Take six Apricocks, take out the Stones, which is done thus, slit them down to the bottom in the Crevise, then loosen it at the bottom with a small Knife, or a great Pin, bend the Apricock a little, and with the point of the Knife, turn out the Stone at the top, then pare them very thin, and take as much double refin'd Sugar as the Apricock weighs, beat it to fine Powder, put as much Water to it as will well wet the Sugar, set it to the Fire till the Sugar be well melted and scumm'd, then put in your Apricock, boyling it apace, breaking it as you boyl it, when it is be ve-

ry tender and soft, put it either into a Cullender, or upon a Glass Plate, letting all the Syrup run from it, then put it into a little round Glass, of the fashion of an Apricock; if you have not such a Glass, put it into any Glass, and put it into a Stove, while it will stand of it self; then turn it on a Glass Plate, there fashion it with your Knife, like half an Apricock, and so joyn two together, putting in a Stone on one side, and set them again into a Stove, untill they be full dry.

To Preserve Apricocks.

Pare and slice Apricocks as before, and take their weight of double refin'd Sugar, beat it fine to Powder, and take out the third part, then take a preserving Glass, and lay at the bottom about half an Inch thick of the Sugar, and lay your Apricocks one by one a top of the Sugar, then cover the Apricocks with more Sugar, and so do till all the Apricock and Sugar be spent, let it stand cover'd 24 hours, take out the Apricocks one by one, pouring the Syrup and the Sugar into a Skillet, set it on the Fire, and scum it, and put in the Apricocks into the Syrup, then boyle as fast as possible you can, pricking them with a Bodkin as they rise up, and so cast in the other third part of your Sugar as they boyl, boyling it until the Syrup will

stand;

stand ; take it from the Fire, and take out the Apricocks one by one, and lay them upon a Cullender. If any be broken put them together, and let them stand until they are Cold, put a Spoonful of the Syrup into a preserving Glass, and put the Apricocks in one by one, and the Syrup a top, and so keep them.

To dry Apricocks.

Pare and Stone them, take their weight in Sugar, and take two parts and put into a Skillet, with as much Water as will wet it, set it to the Fire and scum it, then put in your Apricocks, and boyl them, but not too fast, pricking them with a Bodkin, and casting on them the rest of the Sugar ; as they are tender, take them and lay them on a Cullender, pour the Syrup into a China Dish, or Silver Bason, then put the Apricocks into it, turning them every day, for the space of two days. If they grow tough or shrink, put in the Syrup, and boyl them a little again, then take them as you did before ; those that you intend to dry put upon Glass Plates, the rest put into the Syrup for your use ; those that you intend to dry, after they have stood in your Stove a day or two, turn them upon fresh Plates, and if you find the Syrup be tough about them, wash

them in hot Water, then put them upon fresh Plates, and dry them up.

To dry Cherries without Sugar.

Pull up the Stalk of the Cherries, that you may see the Liquor in them, those that you would Stone, draw the Stalk and the Stone with it, set them all very upright in a Sieve one by one, then put them in an Oven, a little hotter than when you draw Manchet Bread, in the Sieve, look to them that they boyl not over; if they are ready to boyl over, draw them out of the Oven a little, and cool them, and put them in again, so let them stand in all day or night, and then heat the Oven again, and let them stand until they are dry.

To dry Green Plumbs.

Take the Green Pefcod, or any other Plumb that is at its full growth, but not turn'd its colour, par-boyl it in Water, then peel it, and have ready a thin Syrup with a little Sugar; put in the Plumbs, and boyl them until they are very tender, then take them out, and lay them upon draining Plates, having the weight of the Sugar they weighed at first, beaten to Powder, put as much Water to it as will wet the Sugar, set it to the Fire, boyl it and scum it, then put in your Plumbs, and

and let them boyl a ve-y little, take them from the Fire, and pour them into a Glafs or Earthen Bafon, and fo let them ftand 24 hours, turning them in the Syrup, then pour your Syrup from the Plumbs, and fet it on the Fire and boyl it, then prefently take it from the Fire, and put in the Plumbs, fo do every day until they have drank in the Syrup, then lay them forth upon Glafs Plates, and do them as you do with the Apricocks, take the thick Pafte when it is dry enough, lay it upon your Glafs Plates, and make it into the fafhion of half a Plumb, make a hole in the middle big enough for a Stone to lye in, fo let them ftand till they are reasonably dry, then put in your Stone, and lay another half on it, you may make any fafhion Plumb of any colour of Pafte.

To make Sugar Cakes.

Take a pottle of Flower, a pound of Sugar, a pound of Butter, 4 Yelks and one white of Eggs, put your Butter into Rose-water, and fo temper it together, and put them into the Oven on Plates.

To preserve Quinces white.

Take your Quinces and boyl them very tender, and let the Water boyl before you put them in, and turn them often as they boyl, otherwife they will colour; then take to every pound of Quinces one pound

of Sugar, then take as much Water as you think good, and clarifie your Syrup with Whites of Eggs, and when it is well clarified strain it, and set it over the Fire again, and take out the Seeds (or Cores) of the Quinces, as whole as you can, and pare them in the mean time, and when the Syrup begins to grow thick, then put in your Quinces, and let them boil a good pace, turning them often, then tie up the Cores in Tyfany, and put them in, and when they are almost enough, then strew a little hard Sugar on them on every side, and then let them boil very fast, and when you perceive the Syrup will Gelly, take them up into your Glass, and keep as much Syrup as will cover the top of them, the next day cover them loose.

To make red Marmalade.

Take 3 pounds of Quinces, and the same weight of Sugar, almost 2 pints of fair Water, cut your Quinces in quarters, Core them into fair Water, then put your Water, Sugar and Quinces together, your Sugar being beaten small, and set them on the Fire, and let them boil, then take them off and scum them very clean, then set it on, and let them boil softly, till they are somewhat tender, then cover them close, and let them boil softly, till they

they are somewhat red colour'd, then you may let them boil a little faster, till they be well colour'd and tender enough, then take them off, and pour them into a clear Earthen or Silver Bason, then with Spoons beat it small, and with as much Syrup as you think will serve to boil it withal again very fast, uncovered, till it be thick enough, which you shall see by holding a little in a Spoon, till it be cold; if it be somewhat thick, that you think it will cut when it is cold, you may Box it when you have beaten it, and set it on again, you must stir it still for fear of burning. Remember to cast in some of the Cores in the boiling, and take them out when you beat your Marmalade.

To make Quince Cakes.

Take Quinces and par-boil them, then take the Pap of them, and dry it on a Dish on the Coles, and then take their weight of good Sugar beaten fine, and put as much Water as will wet the Sugar, and boil it to a Candy height, and then put in the Pap of your Quinces, and stir it well together on the Fire, and then put it in Dishes, and stow it till it be candied, then cut it in peices of what Fashion you please out of the Dishes, and put them on Glass-plates, and dry them in a Stove, you may put much in if you please.

Another of the same.

Take your Quinces and par-boil them over a quick Fire, and when they are soft, and that they begin to crack, take them out of the Water into a clean Cloth, letting the Water drain out of them, and scrape off the Pap of your Quinces into the Dish, wherein you are to boil them; then take to every pound of Quinces, a pound of very good Sugar, and boil them together over a Chaffing-dish of quick Coles, and when you think they are enough boiled, (which you may know by taking a little of the Stuff, and lay it upon a Table, if it be enough it will come from the Board without cleaving thereto) then take Sugar finely searced and strew it upon the Table, whereon you make your Cakes, and put your Stuff upon your Sugar, and when it is cold mould them up in little Cakes, and Print them; after they are Printed, let them stand in a Box upon a Stool by the Fire two days that they may dry, set open your Box-lid, that the heat of the Fire may the better come at them.

To make Almond Cakes.

Take a pound of Almond Cakes, and blanch them, and beat them very fine, and in the beating put in some Rose-water; then set them on the Fire till it be ready.

to boil, then strew into it a pound of fine Sugar, and set it on the Fire again till it begin to boil; then stir in the Whites of 8 Eggs very well beaten before you put them in, and then put them upon Plates, first being rub'd with a little Butter before they go into the Oven, and when they rise in the Oven, you must loosen them with your Knife from the Plates, and set them in again, and when they are almost baked, put them upon clean Plates, and set them till they be very hard: You must have a care that your Oven be not too hot, that they may look white.

To make good Fumbals.

Take a pound and a half of fine Flower, a pound of fine Sugar, both settled and dried in an Oven, six Yelkes, and three Whites of Eggs, six Spoonfuls of sweet Cream, as much Rose-water, the quantity of an Egg of sweet Butter, mingle all these together make a Paste stiff, work it better than a quarter of an hour, then break it abroad, and put in some Anni-seeds, or Coriander-seeds, or Carraway-seeds, as much as you please, you may put in Musk and Ambergrease; roll them in rolls, and make them into what form you please, lay them upon Plates thin butter'd, prick them all over, then bake them as you do diet Bread, If this will be too thin,

thin, add more Flower and Sugar according to Discretion.

To make Barley Cream.

Take 3 ounces of *French* Barley picked clean and wash'd in three Waters, and lay it all night in Water, then boil it in a Pottle of fair Water, then take it out of that, and boil it in another Pottle of fair Water till it be tender; then beat it in a Stone Morter till it be all to Pap, then strain through a peice of a Cushion-cloth, with a little of the Liquor rubbing it with the end of a Ladle that it may come the better through, then blanch 30 Almonds, and beat them in a Stone Mortar with a little Rose-water, and strain them into the Barley, then put to it six Spoonfuls of Damask Rose-water, and a little Sugar. You may make this as thick, or as thin as you please.

To keep Oranges or Lemons a whole Year together.

Take small Sand, and dry it very dry, and after it is cold put a quantity of it into a clean Vessel, then take your Oranges and set a Laying of them in, the Stalk end downward, so that they touch not one another; then strew in of your Sand as much as will cover them two Inches deep, then set another row of Fruit, and so cover them with Sand, set your Vessel thus fill'd in a cold place.

To

To make fine Cracknels for Breakfast Meat.

Take two pounds of fine Sugar, one ounce of large Mace, one ounce of Cloves, one ounce of Cinamon, one ounce of Nutmegs, one ounce of large Ginger, let these Spices be well beaten; to the Number of 18 or 20 Eggs, and 1 pound of Butter let there be mixed to the quantity of a peck of Flower or more, and for to temper these together you must have Claret or White wine, and when you have made the Dough, as you make a piece of other Dough, let these Cracknels be first boiled, and then when they swim up, take them, and put them into cold Water, and as soon as they have lain a quarter of an hour in cold Liquor, take them forth and prick them, and after that bake them in your Oven, let not your Oven be too hot.

To make Cheese-Cakes.

When you have a new Milk Cheese, your Whey being well press'd out, then break your Curd in a Bowl, then put to them six Yelks of Eggs, and two Whites, some Currants, Nutmegs, Sugar and Rose-water, six Spoonfuls of Cream, a quarter of a pound of Sweet-butter, grated Bread, or Wheat-flower one handful, all which well mixed together, put it into a Paste, set them into the Oven, and keep

keep a quick Fire at the Mouth of the Oven, not setting up the Lid at all, and when they begin to colour take them out presently, this quantity will make seven more Cheese-Cakes.

To make Sugar Cakes with Mace.

Take a pound of fine Sugar, two pounds of Flower, but finely seared and dried in an Oven, to this a pound and half of Butter melted, the Butter must be laid in Rose-water all Night, and well washed in the Rose-water; it must be new sweet Butter. Then take an ounce of Mace, and shred it very small, and a little Musk or Amber made small, mingle them well together in a Paste as you do other Sugar Cakes on Butter Plates, thin and lay them out, and prick them thick, and bake them very white, one Fagot will go near to heat your Oven hot enough.

To make Minced Pies.

Take the Flesh of a Leg of Veal, being par-boiled, and take as much Beef-suet as the Veal, and mince it very small together, and then season it with two pound of Currants, one pound of Raisins of the Sun, half an ounce of Cinnamon, three Nutmegs, two ounces of Carraway-Comfits, a quarter of a pound of Sugar, and a little Salt; when the Pies are baked put
into

into them some Rose-water, Virgins Butter, and some Sugar well mixed together into every Pye some.

To make Quiddiny of Rasberries.

Pick your Rasberries, and put them into a Jug, and stop it close, and lute it up with Paste, and then set it into a Kettle of boiling Water, then let it boil almost an hour, and take the clear from the Pulp, and take the weight of double refined Sugar finely beaten, then boil them together on a quick Fire; for if it be long boiling it will lose its colour, then when it hath boiled a little, set some in a Spoon to cool, to see if it will nitt, you must do it in Silver, Brass or Earth; this way you may do Gooseberries, but they must boil an hour, and Currants, but they must boil three quarters of an hour, you may put in Musk or Amber-grease if you will.

To make Carraway Cakes.

Take half a peck of Flower, one pound of Butter, melt it in a little fair Water, or Rose-water, and temper your Cake with it, put in half a pound of Carraway-comfits, as much Sugar, and three Nutmegs, a good quantity of Yest, see you make it in a long Pan, and bake it for Breakfast, half this Proportion is enough to make at any time.

For

For a Bisket.

Take a pound of Flower, dry it first, then twelve Eggs with six whites, a pound of fine Sugar, beat the Eggs an hour, then strain them, put the Eggs to the Sugar, and beat them well together, then put in the Flower, and some such Seeds as you like best, then Butter your Plates or Mould, and let them not be over colour'd.

How to make fine Cakes.

Take one quarter of a Peck of the finest Flower you can get, one Pint of sweet Cream, three quarters of a pound of Butter, 10 Yelks of Eggs without the Whites, a good Dish of Yest about a Pint, season it with Salt, a pennyworth of Cloves and Mace, with a little Nutmeg beaten altogether, half a quarter of a Pint of Rosewater, with a little Musk or Ambergrease dissolv'd in it, one pound and half of the best Currants well pick'd and washed in warm Water, one pound of the best Raisins of the Sun ston'd and shred very small, then knead all these things together very well, and then let it lye an hour in the Dough, then make up your Cake; let not your Oven be too hot, nor shut up the Mouth of it, but be stirring your Cake now and then, let it not stand in the Oven a full Hour; when you draw your Cakes, have ready some of the best double Re-

fin'd

fin'd Sugar wet in Rose-water, and beaten in a Poringer until it be clear, then take a tuft of Silk or Feathers dipp'd in it, and wet your Cake all over, then set it in the Oven again, do this 3 or 4 times, but let it dry on every time, and that will make it like Ice, there must be nothing put in hot in the kneading but the Butter, and that must be gently melted, not clarified, you must put your Salt in the melted Butter.

For Custards.

Take four quarts of new Milk, 16 Eggs, all the Yelks, and more than half of the Whites, take a Nutmeg grated, and a little Mace beat very fine, and a quarter of a pound of Sugar, or a little more than a Spoonful of very fine Wheat Flower, and stir amongst it a piece of sweet Butter melted, about the quantity of an Egg, and so stir it altogether very well. The Coffings must be set in the Oven a little to harden them, before you put it in, and prick them a little at the bottom, otherwise they will rise in blisters, and so bake them with a pretty hot Oven.

To dry Roses, so as to keep their scent all the Year.

Gather your Rose buds before they be blown, pull them, sift the Seeds from them, then lay them upon Boards in a Room swept

swept very clean, where no heat of the Sun may come at them, and when they be as dry as you use to put them to other Sweets, let a good large Still be made pretty warm, and on the top of it dry them till they are Crisp, but take heed of doing them so long, as to make them change their colour, then spread them thin, and when they are all so dry'd, crowd them as close as you can into an Earthen-pot, and tye it up, and when you have use for sweetning for Linnen, take them out.

To make Shrewsbury Cakes.

Take a pound of Flower, 3 quarters of a pound of Butter, 3 Eggs, 2 or 3 Spoonfuls of Muskadine Wine; if you have no Muskadine, put in one Egg more, some Rose-water and Cloves and Mace beaten, half a pound of Sugar, work your Butter in cold, and if it be too soft, work in a quarter of pound of Flower more, roll them out broad, cut them with a Spur round, prick them thick, and bake them on white Paper.

To make Plumbs look like Olives.

Make a pickle of Water, white Wine Vinegar, Salt, Dill, and Fennel Seeds, boyling them together; for the quantities, put so much of each, as will give it a perfect Taste for Pickle, and when it is boyled enough, put the Plumbs in, taking it presently

sently of the Fire, and when it is cold, pot them.

To make Almond Fumbals.

Take half a pound of Almonds blanch'd, half a pound of double refin'd Sugar beaten and searced; beat the Almonds small, and mix them with your Sugar, and when it's beaten, put in half a Spoonful of Gum-dragon, it being steep in Rose Water one night, and the white of an Egg beaten to a froth, and half a Spoonful of Coriander Seed made very clean, and put as much into it as you please, mingle these well together, set it on a soft Fire till it grow pretty thick, then take it off the Fire, and put it on a clean Paper, and beat it with a rowling Pin, until it be like a soft Paste, and then roul them up in fine Sugar into knotts, and lay them on Paper Oyl'd with Sweet Oyl, and put them into an Oven, and as soon as they are thoroughly risen, take them out before they be very hard. The Cakes are the same, only leave out the Gum.

To dry Fruit in an Oven.

You may dry in an Oven Cherries, Plumbs, Pears or Apples, the ordinary way is as followeth: Put your Fruit upon Sieves, so put it into an Oven, after the Bread is drawn, so there let it stand all night,

night, the Oven close stopp'd, so continue two or three nights for Plumbs or Cherries ; as for Apples and Pears, you must squeeze them flat, after the first time that they have been in the Oven to keep them, you must choose Fruit ripe and whole.

Another Excellent way to dry Fruit.

Before you dry your Fruit in the Oven, you must bake them in a Pot close stoppt with Dough, your Apples or Pears must stay in as long as your brown Bread, and your Plumbs and Cherries as long as your white Bread, then draw them gently, and let them cool, then peel the thin skin of your Apples and Pears, and flat them and dry them ; as for your Plumbs or Cherries you must dry them upon Seives, as you draw them. A little Clarer and Sugar in the bottom of the Pot, will do very well, and a little Sugar between every lay of Cherries.

To keep Artichoaks all the Year round.

Take a large round Kettle, and fill it with fair Water, and season it with Salt, as you would season Broath to eat ; let it boyl a while, and then put in as many Artichoaks as you can well boyl in that Kettle, and let them boyl till they are about three quarters boyled, and then take them
up,

up, and put as many more into that Liquor, and boyl them as before, then take them up, and lay them in a Sieve till they are cold, and then set them on upon another, in a sweet Firkin, and pour the Liquor on them, and fill your Vessel, and head it up, and bore a hole in the top, and put in a Peg or a Cock, and once in three Weeks look whether they want Liquor, which if they do, then boyl some Water, and a little Salt, and when it is cold fill up the Vessel. If you do great store, you need to set on another Kettle, all in the same manner.

To make a good Perfume to burn:

Take one ounce of Benjamin, infuse it in an ounce of Damask Rose Water, then take two ounces of Damask Rose Buds, the white ends clipt of, and beat clear small, then put them to the infus'd Benjamin with three quarters of an ounce of fine Sugar, a quarter of a Dram of Musk, which is 15 Grains, and 30 Grains of good Civer, mix them all very well together, and make them in Cakes, as big as a two pence, and put Rose Leafs on both sides, and dry them on a Plate.

To make Orange and Limon Sallets.

Take your Oranges or Limons, pare them, cut them in the middle, then crush out all the Juice, then cut them in round pieces

pieces not too thick, lay them in Water, then boyl them in running Water till they be very tender, then take them up, and lay them upon a clean Cloath, to drain them from the Water, then take out the pith from them, then take a pint of good Wine Vinegar, one pound and half of Sugar, and boyl it to a Syrup, and then put in the Oranges or Limons, and let them boyl two or three walms in the Syrup, then take them up, and put them in a Glass, and when they are cold, put the Syrup to them, you must proportion your Syrup for as much as you do.

To make Almond Jumbals.

Mix your Almonds half *Fourdain* half *Valentia* when they are blanch'd, beat them very fine in a Morter, put in a little Rose Water and fair Water, so as they Oyl not in the beating; when they are beaten enough, have ready searcht their weight in doubled refin'd Sugar, and put it to the Almonds, leaving out enough to make them up, beat the whites of four or five Eggs up to a froth, and wet the Sugar and Almonds with it, set it upon a few Coals, keeping it stirr'd till you see it begin to grow stiff, so as it may be a Paste, then let it cool, when it is cold roll them into Jumbals, and lay them on Pewter Plates, with a little Sugar strew'd on the Plates first.

Make

Make the Mackaroons the same way, only dry them not so much, and put in all your Sugar at first when they'll be a little dry, drop them out with a Spoon on a Plate, and searh a little Sugar over them ; you may if you please put in a few Coriander-seeds in the Jumbals, and a little Gum, but they will do as well without the Gum.

To make Biskets.

Beat a pound of Sugar very fine, and one pound of Flower dried, and very fine, and beat a dozen of Eggs, and fix of the Whites with a little Rose-water, and when they look something white beat in your Sugar, and when it looks white being beat together, then beat in your Flower a little before you set them in the Oven, and then have a little fine Flower and Sugar, and dust on your Biskets, as you set them into your oven, you put in a few Seeds of which sort you like.

To make Pippin Gelly.

Pare and quarter 12 or 14 good Pepsins, and put about a pint and half of Water, and let it boil, and when the virtue of the Pepsins is out in the Water, then put it into a Hair-Sieve, and let it settle all Night, and then lay a whole piece of Citron sliced into that Liquor to soak out of the Sugar, and the next day, get all ready,

ready, when you go about it, and put a pound of double refin'd Sugar to a pint of that Liquor, and when it Boils put in some slices of Pepins cut the wrong way till you come to the Kennels, boil it quick which will soon be done, and put in the Glasses with thin slices of Citron, and a little Juice of Limons.

To Stew Pepins.

Take Pepins and pare them, and put them in cold Water, being cut in halves, then a pound of Pepins, a pound of Sugar, a pint of White-wine, and a pint of Water, make a Syrup and scum it clean, then scrape the seams out of the Apples, and put them into the Syrup, let them boil very fast; when they are half boiled, put in the Juice of Limons, and a little Peel; when the Syrup begins to be thick, put in a little Amber-grease, shake them to a Gelly, and so take them up, let them stand till they are cold, then lay the Gelly in Lumps upon them, and so serve them. Take out the Limon-peel when it hath given the Syrup a taste, or else it will be bitter.

How to make Syrup of Peach Blossoms.

Take the broad Leaves only of the Peach-flowers, not any of the Seeds; or of the Stalk on which they grow, let the Blossoms be fresh, pick them off the Husk,

Husk, and put them into a Silver-pot or Can, put to them as much Water as they will receive, the Water must be very hot, but not boiled; let it stand near the Fire to be kept warm, and sometimes made hot, being close covered when that's stood 24 hours strain out the Flowers into the Liquor, then put as many fresh Blossoms pickt as at the first; this being ordered as before, repeat it the third time, then strain it out clean, and put to every pint of Liquor two pound of double refined Sugar beaten and searced, set it in a Pot of boiling Water, till the Sugar be dissolved, when the Syrup is cold boil it up for your use.

The *Newington* Peach, the *Camasion*, and the *Nutmeg* Peach, bear the best Blossoms for this use.

They must be gathered about 3 or 4 a Clock in the Afternoon when the Dew is not upon them.

To make Green Paste of Apricocks.

Scald Apricocks, and when tender break them, and strain them, and take their weight of double refin'd Sugar beaten very fine, and just wet with Water, and boiled to a Candy height, and then put in the Pulp, and stir it well together off the Fire, and when cold put it into your Moulds, and stir it till it's dry enough.

To dry Ripe Apricocks.

Pare Apricocks thin, and Stone them, then take half the weight of fine Sugar, boil it Candy high, being just wet with Water, then put in your Apricocks and boil them till they are tender, then take them off, and let them lie in the Syrup two or three days, warm them every day till they have dry'd up all the Syrup, turning them, and then lay them on Glasses to dry.

To dry Plumbs Green.

Take Plumbs Green, when they are at their full bigness, before they change Colour, then take half your weight of Sugar, and put as much Water as will wet them, boil the Syrup, and scum it clean, and then put in the Plumbs, and let them scald, and then take them off, and set them on again till they are tender, and so do several times, and cover them close, and twice a day heat them in the Fire, till they have dried up all the Sugar, then lay them on Glasses to dry, they must be one days a doing.

To Dry Figs.

Take Figs when they are ripe and new gathered, and set on a Skilet of fair Water upon the Fire, then take the Figs and prick them up and down with a Pin, and put them into the Water and let them boil

boil till they be tender, then take them out, and to one pound of Figs take one pound of Loaf-Sugar, and a quart of Water, then take one quart of the Sugar and set it on the Fire, and when you have scum'd it put in your Figs, and let them boil a pretty while, then put them in an Earthen-pan, and so do four days together, and put in a quarter of the Sugar every time; but let your Liquor boil before you put them in, and let them stand two days in the Syrup, and lay them upon a Sieve to dry, and when they have drained a while, strew some fine Sugar upon them, and set them into an Oven almost cold, and turn them twice a day, and still strow fine Sugar upon them, and when they be dried lay them up in a cold place.

To Candy Apricocks or Peach Plums.

Take either of these, and give every one a slit on the side to the Stone, and cast a pound of Sugar on them, and bake them in an Oven hot, as for Manchet, half an hour, laid one by one; then take them out of the Dish, and lay them on a Glass-plate, so dry them in the Oven 3 or 4 days, and they will be fully dried, and finely candied. If you can, get Glasses made like Marmalade-boxes to cover them,

and they will be soon candied, this is the neareſt way to candy ſuch Fruit.

To candy Pipins to look as clear as Amber.

Take fair large yellow Pipins and pare them, and bore a hole through them, put them in an Earthen-platter, and ſrew fine Sugar on them, and ſprinkle Roſe-water on the Sugar, and bake them in an Oven hot, as for Manchet, (or the beſt Bread) ſtop them up half an hour, then take them, and lay them on a Wyer-let-tice, and ſo let them dry 3 or 4 days.

To Preſerve Apricocks, Pear-Plums, or any other Plumbs.

Take the Fruit, and give them every one a prick with a Penknife in the hollow place on the ſide to the Stone, put them into clarified Sugar as much as will cover them, then ſet them in a Pot of ſeething Water, ſtiring them till they are tender; let them ſtand all night in that Water boiling, that will make the Syrup peirce to the Stone; the next morning the Plumbs will ſhew bigger, and ſwell thick, then take them out and boil the Syrup to the thickneſs by it ſelf, then put in the Plumbs when it is cold.

To Preſerve Pepins Green.

Take green Pepins and Codle them, ſhifting the Water thrice till they be green, and when they are tender as to eat them, take

take them up and feel them, and put them into as much clarified Sugar as will cover them, and let them boil leisurely half an hour, then take them up and boil the Syrup by it self a little more, then put in your Pipins when it is cold, and keep them all the Year, the Water must be hot before you put in your Pipins to Coddle.

Damsons, or any other Red Plumb in Gelly.

Take a pound of Damsons, and a pound of Sugar, wash the Damsons in Water, then boil them about half an hour on a slow Fire, and when they break the Skins take them off, and let them stand half an hour, then boil them again, and take them off as before, do this three times, and while they are off set some weight on them, that may keep them within the Syrup; they are to boil the last time till you see the part where the Skin is broke of a very high Colour, which when you see take them off, and let them be cold, then drain away the Syrup, and make a Gelly as followeth, (*viz.*) Take green Gooseberries, green Apples or Quince Cores a good quantity, and boil them all to mash, then strain them through a hard Sieve, then take a pound of this, the clearest, to one pound of the Syrup of the Fruit you would keep, boil them together till it Jellies, boil it not too high for fear

of Rope, scum it very clean, and while it is hot put it into the Glasses or Pots with the Fruit, one lay of Gelly, and one of Fruit, and this will keep 3 or 4 Years.

To make Syrup of Violets.

Pick your Violets and bruise them, and put as much hot Water (but not boyled) as will wet them, and let them infuse 24 hours, then strain them, and put two pounds of Sugar to a Pint, and stir it and strain it till the Sugar is dissolv'd two or three days together.

To Preserve Walnuts.

Take Walnuts in June, when they have no Shell, and a Pin will go through, and then put them into boiling Water, and shift them from one boiling Water to another until they be tender, which may be 3, 4, or 5 Waters, and scrape them while they are hot, and then boil them in a good quantity of Water with a little Sugar, and then stick a Clove in each of them, and let them lie in that Liquor all night; then take thrice their weight in Sugar, and so make a Syrup and scum it, and then put in the Walnuts and boil them very well, and let them lie without Syrup 2 or 3 days, then take them out and boil the Syrup, and then put the Walnuts in again, and let them stand about a Week, and boil the Syrup as you see Cause, and so you must

must often look to them least they turn
sowre or grow thin: There must be a
pint of Water put to a pound of Nuts.

To make Violet Cakes.

Take powdered Loaf-Sugar, and just
wet it, and boil it until it be almost Sugar
again, then put in Juice of Violets, and
the Juice of Limons which will make them
red. If you put in Water and Juice it
will make it look green. If you will have
them all blew, then put in Juice of Vi-
olets without Limon, thus you may make
Cowslips, Rosemary, or any other Flow-
ers. To make Limon Cakes, the Peel
must be grated and washed till the bitter-
ness is gone, and then the Juice must be
put in as above is directed.

To Preserve Oranges.

Rub of the upper Skin with a Grater,
cut a round hole in the top, lay them in
fair Water a day and a night, and the
Water to be shifted night and morning;
then boil them until they be tender, then
pull out the Meat at the hole (if you will
have it out) then put them into hot Wa-
ter, and let them lie until next day, then
weigh them, and take more than their
weight of Sugar, and to every pound of
Sugar take a pint, and quarter of Water,
and boil your Oranges a little while in
the Syrup, then pour the Oranges out in-

to a Bason with the Syrup, and cover them close with a white Paper to touch them, so let them stand two days, then drain them from the Syrup, and put the Syrup on the Fire, when it boils pour it on the Oranges again boiling hot, do so again the next day, and if your Syrup be thin, and not too much wasted do so again the next day; and the next day after this, set the Syrup and the Oranges on the Fire together; and let them boil till they are enough, when you are ready to take them off the Fire wring in some Juice of Limons, with a little Musk, and boil them a walm or two, let them stand a while, then put them up, close your Glasses with Gelly of Apple-Johns or Pepins, and fill the Oranges with the Gellies.

Limons are to be done after the same manner, only pared or strained thinner.

To make Liquorish Cakes.

Take 12 ounces of Liquorish scraped very thin, then take two pints and half of Isop Water, one pint and half of Colts-foot Water, a pint and half of red Rose-Water, two good handful of Rosemary-flowers, one handful of Maiden-hair, keep all these together three or four days in a stew Pot or Jug that may be close stop'd, shaking them together two or three times a day, then put them all into a Skilet, and set

set them upon a soft Fire two hours, then strain it out into a Silver Bason, put to it a pound of brown Sugar-candy so let it boil till it grow thick enough to bear to a Paste, when you find it grow pretty thick, take a little upon a Spoon, and beat it with a Knife till it be cold, and then you will find whether it be enough, when you take it off the Fire, it must be beaten with a good strength with a Spoon till it be white, then take some fine Sugar searched, and so roul it up in little Cakes, the best way is to keep it bearing to the last, or else it will so crackle, that it will never role handsomely, half this Receipt is enough to make at a time.

To make Mackaroons or Almond Cakes.

Take half a pound of sweet Almonds, and steep them all night in fair Water, then blanch and dry them, and beat them very small in a Mortar, put in about three Spoonfuls of Rose-water to keep them from Oiling, then take half a pound of Sugar finely beaten, and put it to the Almonds and stir them together, and set it upon a Chaffing-dish of Coals, and let it heat, stirring them, not boiling; then take three Whites of Eggs and beat them with a Rod to make them froth, then take the froth and put it to your Stuff when cold, and stir it together, then heat
C 5 your

your Oven as hot as for a Tart ; then take white Paper and stick it very well, and put your Stuff upon it, a Spoonful in a place, and scrape some hard Sugar upon them, when you set them into the Oven one Fagot will heat the Oven.

The Art of Cookery.

To make a White pot.

TAKE a quart of Cream, and boil it with whole Mace, take it off the Fire, and when it's almost cold, beat the Yelks of eight Eggs, and put them into the Cream, and season it with Sugar, and a little Salt, cut thin slices of white Bread, lay your sliced Bread in the Dish, and some Raisins of the Sun, and sliced Dates, or any sweet Meats that you like upon the Bread with little bits of Butter, or Marrow amongst your Raisins, than lay on another laying of Bread and Raisins, till your Dish be up to the brim, between every laying Grate Nutmeg, then put in your Cream with a Ladle, that your Dish may be top full, let the last laying be of Bread, and put bits of Butter on the top to keep it from burning, then bake it in an Oven. *To*

To make an Oat-Meal Pudding.

Take a quart of sweet Cream, somewhat less than a pint of great Oat-Meal picked very clean, bruise in a Mortar a little, put it into the Cream cold, and let it boil softly till the Oat-Meal hath soaked up the Cream, and boil in it a blade or two of whole Mace; when tis cold, then take the Yelks of eight Eggs, and four of the Whites, and beat them with six Spoonfuls of Rose-water, then mingle it with the Cream and Oat-Meal, and season it with good store of beaten Cinnamon, and a little Nutmeg and Sugar, and a little Salt, and melt a good piece of Butter, and put it in some Suet sliced very small, or Marrow; Butter the Dish, and put in a little grated Bread, all these mingled together, put it into the butter'd Dish and bake it in an Oven.

To make a Lent Pudding.

Take a pint of sweet Cream till it boil a little with a flake of Mace into it, then slice a Manchet into it being taken off the Fire, and pour'd into a Pan, then put into it one Nutmeg, a little Salt, four Spoonfuls of Sugar, four Yelks, and two Whites of Eggs, a handful of Raisins of the Sun, stir this all well together with a piece of Butter in it, then take a Linnen-cloth, being first wet in cold Water, and then rub'd
with

with Butter in the Inner-side, put the Pudding into it, and tie it up close together, and boil it, when it is boiled, put melted Butter into the Dish, &c.

To make Cake Bread.

Take to half a peck of Flower three pounds of Currants, rub'd dry in a Cloth, one pound and half of Butter, half a pound of Sugar, a pretty deal of Cinnamon, half an ounce of Nutmeg, as much Mace, a good quantity of Ale-yeast, and mix some Sack in it, temper all these with old Cream, and your Butter must be put in cold, temper it somewhat stiff, and let it lie half an hour to rise, then take a brown Paper and Butter it very well, and strow it well with Flower, and lay it under the Cake, then take Butter and a little Rose-water beaten well together, and wash your Cake over, and strow it over well with Sugar before you set it in the Oven. Let your Oven be well heated.

To make Frissars.

Take Posset Curd made with Ale or Sack, then take beaten Almonds, and strain them through with a little of the Posset Drink to the Curd, and season it with Sugar and Cinnamon, or what Spice you like best, and put in some Flower, being well dried in an Oven first, put in good store of the Yelks of Eggs, and square
pieces

pieces of Apples, and so with a quick Fire bake them in sweet Suet.

To make a baked Dish.

Take a quarter of a pound of Almonds, and beat them very fine with Rose-water, a pint of Cream, and the Yelks of 8 Eggs, so season it with Sugar and Nutmegs, and you may, if you will put in the Juice of Herbs to make it look green, so put it into a Dish with a Puff-past, or you may boil it either.

To make Egg-pye.

Take half a pound of Beet-suet, as many Currants, mince the Suet small, take 5 hard Eggs, and mince them small, mingle all these together, season it with a Nutmeg, some beaten Cinnamon, some Sugar, and a little Salt.

When it is baked, put into it as you do to mince Pies.

To make a Dartmouth Pye.

Take two ounces of the lean of a Leg of Mutton, one pound of Suet, shred it as small as you can make it, always keeping loose from the board, then take a little Salt, two ounces of Sugar, one Nutmeg, and three quarters of a pound of Currants, and temper it altogether, so put it into the Paste, and let it have one hour and an half baking for the Paste, take Suet and shred it very small, put it into a Skillet

let of Water, and let it boil, then take some Butter and put into it, and knead your Paste.

To make a stramp Pie.

Take a Leg of Lamb, mince the Flesh, more than a pound of Beef suet when it is minced very fine, season it with a little Peper and Salt, and take stript Thyme, and a little Parsley minced small, and a little Sugar, then take the Eggs raw, and mix with your Meat, and so put into a Pye, and when it is baked put into the Pye a little Vinegar and Sugar, and so serve it in.

How to dry Bacon.

It must be made of Pork, and cut the Leg with a piece of the Loin to it, then hand it two or three days before you salt it, and then it will look red, then you must salt it well, and so let it lye 6 Weeks, or two Months, then hang it up to dry.

To make Scotch Collops.

Slice Veal, and lard it with Thyme, and Bacon, fry it in a Pan with Butter, take it out, and make the Pan clean, put it in again, and take some strong Broth or Gravy, and an Onion and Nutmeg, shake it over the Fire, and thicken it with the Yelks of an Egg.

To

To make a fresh Chrese.

Take three pints of new Milk, a pint of Cream, a little Mace, Nutmeg and Cinnamon, put these in whole into your Milk when it boils, put in two Eggs beaten, Yelks and Whites with 2 or 3 Spoonfuls of Vinegar to turn it, let it seeth upon the Fire till it come to a tender Curd, then put it into a Strainer, and tie it up, and let it hang a draining 6 or 7 hours, when you open it take out the Spice, and season it with Sugar and Rose-water, then put it into a Cullendar pan, and let it stand an hour or more, and so turn it out and serve it with Cream under it.

To make a Quaking Pudding with Almonds.

Take a quart of sweet thick Cream, and take $\frac{1}{2}$ a pound of blanched Almonds, and Grind them in a Morter, then put in some of the Cream, and so strain them as if it were for Almond Milk, then boil the Cream and Almonds, being strained to some large Mace, then season it with Rose-water and Sugar fit for your Taste, then take 9 Eggs with 4 Whites, being very well beaten with a little fine Cinnamon, put them into your Cream and Almonds, then take 2 or 3 Spoonfuls of fine Flower, and mix it with your Cream, that it may not Knot, when it is of the thickness of thick Butter wet your Cloth,
and

and strew it with Flower, and tie up this Butter in it, and let it boil very fast in Beef-broth two hours when it is boiled, take it carefully up, that you break it not, and put in the bottom of your Dish, a little White-wine, Sugar, and a little sliced Nutmeg, and so serve it in. This Pudding must be stirred often, or else the thicknes will settle to the bottom.

To make a Pudding with Calves Feet.

Grate a penny Loaf, take as much Calves feet boiled very tender, and shred very fine, as you have Bread, and as much Beef-suet shred very small, as of both, six Eggs beaten very well, season it with Mace and Nutmegs, or with what other Spice you please, Rose-water and Sugar, and a little Salt, put in some Currants, and as much new Milk or Cream as will temper it pretty thick, you may put in some lumps of Marrow, tie it up in a Caul of Veal, and then in a Napkin, put it into boiling Beef-broth, let it boil two hours and an half, serve it in with melted Butter, Rose-water and Sugar.

To make a Barly Pudding.

Take a pound of French Barley, wash it very well in several Waters, then put to it 3 quarts of new Milk, and one quart of Water, half a pound of Sugar, and a Nutmeg shred or grated; put it in a deep Pan,

Pan, and bake it with brown Bread seasoned with Salt, you may either eat it so, or bake it again in a Dish, adding to it a little grated Bread, 3 or 4 Eggs, and some Marrow, and what Fruit or Sweet-meats you please.

To make Sausages.

Take the Leaf of a Leg of Pork, and 4 pounds of Beef-suet, or rather better; thread them together very small, then season it with three quarters of an ounce of beaten Pepper, and half so much of Cloves and Mace mixed together, a handful of Sage chopped small, and as much Salt as you think fit, then break in 10 Eggs all but 2 or 3 of the Whites, temper it well together with your Hands, and so fill it in two Hogs-guts that you must have ready for it, and tie the ends of them like Puddings, and let them be thoroughly boiled; and when you eat them they must be boiled on soft Coals, for hot Coals will crack the Skin, and all the goodness will be lost.

To make a Quince Pudding.

Scald your Quinces very tender, pare them very thin, and scrape off the soft, and wash it well; put Sugar to it, and Powder of Ginger, and a little Cinnamon, then have ready some Cream; to a pint of Cream you may put 3 or 4 Yelks of Eggs.

Eggs, and then put in your Quince; it must be pretty thick of your Quince, according as you like it, and so you may do it with Apricocks, or white Pear-plums; make a Pudding.

To make white Puddings.

Take of the clean pieces of the Hog, that are clear without Sinews or Grissels, and cut them small, and shread them as you do for Mince-pies, with some of the Hog; but keep some of the fat to be cut in little bits to be mixed with the Meat, in filling of the Puddings as you think fit; when the Meat is well cut, season it with Cloves, Mace and Nutmegs, and put 6 or 8 Eggs, but keep back some of the Whites (if you please) grate in two penny Loafs; take nigh a quart of the thickest Cream, and put in some Currans, Raisons of the Sun shread, and Sugar mixt all together, and use the smallest of the Guts for white Puddings, and let the Water boil before you put them in; boil them an hour with a steddý Fire, and when at any time you heat them, let the Water boil before you put them in.

Another Sort.

Cut a penny Loaf into thin slices, and set it to soak all night in a pint of Cream, and in the Morning break it in the Bole with a Spoon, till it be like Pap; then
put

put to it four Yelks, and two whites of Eggs, and the Marrow of one Marrow-bone cut into little pieces, and half a pound of the best Beef-suet shread extraordinary small, and season it with Nutmegs, Cinnamon and Sugar, and 2 Spoonfuls of Rose-water, and a Spoonful of Sack (and a little Musk and Amber-greese, if you please) these Puddings must be boiled on a gentle Fire, and not pricked in the boiling.

Another Sort.

Boil a pound of Rice in 5 pints of Milk till it be thick, then put in a pound of Currans, and let it boil up just to plump them, and when it is cold, put in 3 quarters of a pound of Suet shread small, and 6 Yelks, and 2 Whites of Eggs, a quarter of a pound of Sugar, 4 Spoonfuls of Rose-water, and a quarter of an ounce of Cinnamon, &c.

To make Gilly-flower Wine.

Boil ten pounds of Sugar in ten Gallons of Water, pour it boiling hot upon three pecks of clip't Gilly-flowers; let them stand 3 days, till the strength of the flowers be in the Water; then strain it, and turn it up in a little Vessel, spread some Barm upon a Tost, and throw in amongst it, then Bottle it; you may make Wine the same way of any other Flowers; you may drink

drink it in a Fortnight, or keep it till Christmas.

To make an Oat-meal Pudding.

Take a quart of Cream, and boil it, then put in about half a Poringful of beaten Grites, and boil them together till it be like thin Batter for Pancakes; then put in a Spoonful or two of Rose-water, the Yelks of 4 Eggs, one Nutmeg grated, a penny Loaf grated, and near half a pound of Butter, sweeten it to your liking, and bake it in a Dish; you may put any Sweet-meats into it that you like, if you make it with your Milk, it requires the more Butter.

To make a Sack-posset.

Take ten Eggs, Yelks and Whites, beaten well and strain'd; a pint of Sack, and near half a pound of Sugar; and set all these on a Fire in the Bason you make it in; and when it is so hot you can hardly hold your Finger in, stirring it all one way, have ready a quart of Cream in stirring it all one way a little; take it off the Fire, and cover it with a hot Plate, and then cover it close with a Cushion upon the Plate, set on another Cushion the space of half an hour; sift Sugar and Cinnamon on it, and so serve it in.

To

To make a Scotchinear (or Scotchineal) Pie.

Boil the Roots tender, and peel them, and cut them into pieces, and season it with Nutmeg, Cloves, Mace, Cinnamon, Sugar and Salt, then lay it in your Pie, and put to it a good quantity of Marrow, Limon peel cut small, and some slices, strew in near half a pound of Currans, candid Citron, Limon and Orange-peel, cut in thin slices, Berberries, Grapes or Gooseberries, as the time of the Year afford, when the Pie is filled put in some Sugar, and wring in the juice of two good Limons.

For the Cawdle take a quart of White-wine or Sider, a little Sack and thicken it up with the Yelks of 6 Eggs, and sweeten it to your Taste ; if the Wine or Cyder be not sharp enough put in a little Vinegar.

To pickle Pork.

When your Pork is cut into joints, Salt it with ordinary Salt, and let it lie one night before you put it into pickle, that the Blood may run from it, and then make a strong pickle of Pump-water, Bay-salt, and Salt-peter, and some ordinary Salt, and boil it, and let it stand till it is cold, and when it is cold put in your Meat, be sure the pickle be always above your Meat.

To

*To stew a Lamprey, a most delicious Fish,
when done by the method following.*

When you have skin'd your Lamprey, season it with Salt and Peper, and a little sliced Nutmeg all over, and in its Belly all a long; put also in it's Belly some Cloves and large Mace whole, and some sliced Limon, and some thin slices of Butter, Roll your Lamprey round, and thrust a Skure through it to turn it with: This Liquor must be a pint and half of White-wine, or half White-wine, and half Cyder; put a little Butter into the bottom of the Pan, before you put in the Liquor, and some thin slices of Butter upon the top of the Lamprey when it is stewing, set the Pan upon a slow Charcole Fire, and add to the Liquor a bundle of sweet Herbs, and a sliced Onion, turn the Lamprey often in the Liquor, and when it is tender enough bruise two Anchovies into thin parts and infuse, mix with the Gravy, heat a little more Butter, make your sawce and thicken it carefully with the White of an Egg.

To pickle Mushrooms.

Peel them, and put them into Milk and Water, and Salt, then put on some Water, and let it boil, and then put the Mushrooms in which a good handful of Salt, and a bundle of Savory, Thyme, and a couple of

of Onions, let them boil quick a quarter of an hour, then strain them off.

For the Pickle.

White-wine, or as much White-wine Vinegar as you think proper, and put thereto three Nutmegs, some Cloves, eight Blades of Mace, 3 Razes of Ginger, a Spoonful of whole Pepper, and one Onion, let it boil a quarter of an hour, then set it to cool, when it is cool put in the Mushrooms.

To make sauce for a boiled Salmon.

Take half a pint of White-wine, or strong Cyder, and two Anchovies, put in a little Mace and Pepper, and some Shal- lot, boil this till the Anchovies be quite dissolved, you must put in a little Oyster- liquor out of the pickle to it; then take to thicken it one Pound of Butter, 4 Yelks of Eggs, beat up some Vinegar, and a little grated Nutmeg; then take a hand- ful of Capers, and some Limon Peel, both mixed and minced small, stir it into the same: If the Anchovies do not season it enough put in more Salt.

To stew Mushrooms.

Peel them, and put them into Water and Salt as you do, then take them out when you have done them, and put them into a stew Pan, and let them stew half an hour in their own Liquor, then pour all out

out but two Spoonfuls of the Liquor, and put in half a pint of Gravy, or strong Broth, two Anchovies, a bundle of sweet Herbs, Thyme and Savory, a whole Onion, a little whole Pepper, a little sliced Nutmeg ; this must stew altogether a quarter of an hour, then put in a good slice of Butter, and so shake it well together, and serve it in.

To dry Tongues.

Take the Tongues, and put them into Brine two or three days, then take them out and Salt them two or three days more, then hang them up near the Air of the Chimney, and after the Bread is drawn, set them into the Oven on a little Board to dry, and when you have occasion boil them.

(Thus you may make your *English Bacon* eat like *Westphalia Bacon*) cut it into the shape of these Gammons, and when the Gammon is three quarters boiled take it out of the Liquor, and put a Bottle of *Claret Wine* in, and so boil it till it be tender.

To make little Cakes.

Take a pound and quarter of Flower, dry it, and cool it ; then work into it half a pound of Butter, which has lain all night in *Damask Rose-water* before you use it, put in half a pound of Loaf-sugar

sugar beaten very fine, and a pound and half of Currants washed, and temper all these with four Yelks, and two Whites of Eggs beaten very well, with as much thick Cream as will make them into a Paste. This quantity will make 16 or 17 Cakes, the Oven must be as hot as for small Manchet; half an hour, or little more will bake them; prick them when you bake them.

To Marriante Eels.

The Eels being killed, and quite dead, let them be well scoured, cleans'd and scraped; then draw them, and wipe out the Blood clean, and when they be drawn and cleansed, and very dry, turn them up, the head first, and so round till they be all up, then bind them up with Packthread, and fry them with Sallet-Oil, or very sweet Rape-oil which will do well, let them be soberly fried and turned often till they are well soaked, and after they are cool put them into the pickle following.

Take such a quantity of White-wine Vinegar as will cover the Eels that are to be soufed, put into it some Pepper, large Mace, sliced Ginger, and some Salt, and half a dozen of Bay-leaves; let them all boil well together about a quarter of an hour, when this is cold put in the Eels,

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pres-

pressing them down with something that may keep them under the Liquor, they will be ready to spend in a Weeks time, and will keep (being very close covered) three or four Months.

To make Wafers.

Take 3 or 4 Spoonfuls of fine Flower, and the Yelk of a new laid Egg, a Spoonful of Rose-water, and fair Water sufficient to make it thin enough, and almost 2 Spoonfuls of fine Sugar.

To make Portugal Cakes.

Take a pound of Butter, and a pound of fine sifted Sugar, and stir it with a Stick in a Pan well together, then take a quarter of a Pound of Almonds, being well beaten with a little Rose water, then take three Eggs being very well beaten, so put it altogether, and stir it very well, and by degrees put it into a pound of Flower, and last of all put in a pound of Currans, so make them up into round Cakes, and Glaze them with Rose-water and Sugar, and so bake them.

To make Pippin Cakes.

Pare Pippins and quarter them, boil them, they are tender in fair Water, then rub them through a hair Sieve, and to one pound of Pippins, put three quarters of a pound of Sugar; boil the yellow peel of a Limon until it be tender, then mix it very

very small, and mix it altogether, then make it as hot on the Fire as you can hold your Finger in it. Then run it on Plates, and set it into an Oven after Tarts, The next morning cut it into what Fashion you please, then dry it. If you love it sharp, you may mix Juice of Limons with it.

To make Amber Cakes.

Take half a pound of double refin'd Sugar beaten fine and searced, 20 drops of Oil of Amber which must be dropt into the Sugar, then take Gum-dragon, being steeped over night in Rose-water, as much as will make the Sugar in a stiff Paste, so make them into Cakes, set them in a warm place to dry, if you think them not strong enough of the Amber you may put in 40 or 50 drops, if you like them so strong.

These are to be eaten two or three at a time when the Head is in pain; they are good for the falling Sicknes, or the Palley, or any coldness in the Brain, or Giddiness in the Head.

The Art of Distilling.

An excellent way to make Metheglin.

First you must gather your Herbs about *Lammas* or *Michaelmas* as followeth, Bay-leaves, Stickwort, each four handfuls; Borage, Bettony, Bromemints, Eg-lantine, Egliat or Biromest, Egrimony, Firinelare, Harts tongue, Hyfop, Eyebright, Laugued Beep, Rose mary, St. Johns-wort, Sage, Saxifrage, Self-heal, Virvin, Ribwort, Woodbine-leaves, Water-creffes, of each one handful; Ellicampane roots, Fennel-roots, Gallinal-roots, Avents roots, of each two handfuls; of Pellitory, of Spain the Roots, Parsley roots, of each a handful; of Tormentel, two handfuls; when you have gathered these Herbs and Roots, and sliced the Fennel-roots, and washt them from the Earth, and pickt them, especially the Roots, and taken out the Heart of the Fennel-roots, then according to the Proportion above written, put them into a Furnace. If the Furnace be big enough, put to so many Herbs thus prepared, two hundred Gallons or more of Water, and make a good
Fire

Fire under them, and let it boil together the space of three hours, then cleanse the Liquor from the Herbs out of the Furnace into a clean Vessel through a straining Sieve, and when your Liquor is clean taken out, make clean the Furnace, and put in your Liquor, and to every three Gallons, or a little more of that Liquor, you must put one Gallon of Honey, then boil them together, but before it boil too fast scum it very clean, whilst there is any scum thereon, and especially after the great scum is gone, for then there will come a scum partly black, which must be clean taken off; then abate your Fire, and put your Liquor into Tubs, and let it stand two days at the least; then put it into a large Tub, and put thereto a Gallon of the strongest Barm you can get, and stir them together, and let them stand one day or two; then fleet the Barm, and stir it well again, and let it stand another day, and then fleet it again, and turn it up, and lay it in your Cellar, and bung up the Vessel. As it works over fill it up with the same again. When it hath done working stop it up close, you may put in Blood-work, Liver-wort, Sweet-marjoram, Cowslip of Jerusalem, Clarye, Cinque-foyl, Buglose-paucis and Succory. The Herbal will direct you where to get

those Herbs, you may well put one Gallon of Honey to three of this Liquor. It is necessary to have a vent hole by the Bung, to give it vent sometimes.

To make Water against the Jaundice, or Snail-water for a Consumption.

Take a peck of Garden Snails, and wash them in a great bowl of Beer, and take half a Bushel of Charcole, and sweep the Hearth very clean, and set them on Fire; then when they be thro'ly kindled make a hole in the midst, and put the Snails into it, there let them lye till they be dead, then take them out, and with a clean Cloth wipe all the green froth off of them; then take a quart of Earth Worms, and slice them, and strow Salt upon them, and wash them clean with Water; then stamp the Worms with the Snails with the Shells altogether, then take a great Brass pot, and lay in the bottom of it two Handfuls of Angelico, and two handfuls of Sellandine upon that, then two Quarts of Rosemary Flowers, and two handfuls of Bearsfoot upon that, and two handfuls of Agrimony, two handfuls of Wood-betany, two handfuls of Wood-sorrel, two handfuls of the inner Rind of Berberries, two handfuls of red Dock-roots, the Pith taken out, then lay the Snails upon them; then take an ounce of Fenny-græc, an ounce

ounce of Turmorith, an ounce of Rue, and stamp all these together, and lay them in ; then pour 3 gallons of the strongest Ale, and take an ounce of Cloves and bruise them, a six penny weight of Saffron very finely ground, six ounces of Harts-horn beaten to Powder, and put it in ; then set the Lymbeck, and close it with Rye-dough, and let it stand all night, then in the morning put Fire under it, and renew the Water.

Another way to make Metheglin.

Take six gallons of Water, put therein a good handful of sweet Bryar, and a little Rosemary, boil the Herbs in the Water half an hour, scum it very clean, then strain it from the Herbs, and all the day be cleaning it every half hour, at night put in a gallon of Honey, and the next day boil it again, scum it clean ; when you have so done put in three Eggs, Shells and all, beaten together ; then strain it again, then put it abroad in Vessels to cool, when it is cold put it altogether, keeping back the bottom ; then take the Whites of two Eggs, two spoonfuls of Wheat-meal, two spoonful of Barm beaten altogether, then put it into the Metheglin, keep it caving every half hour ; the next day take the Whites of four Eggs, two spoonfuls of Wheat-meal beaten together, and put it in

the drink, then put it into your Vessel; then take a little Cinnamon, a little Ginger bruised, and put it into a Bag, hang the Bag in your Vessel, and when it hath done working, stop it close. If you please, you may boil a little Thyme, and a few Cloves in it.

A Cordial for the Stomach.

Take 10 pounds of good Cherries, and pull off the Stalks, put them into an Earthen pot, and then put a quart of Aqua-Viæ of the middle sort, not the strongest, nor the smallest, and to them put two pound and half of Loaf-sugar finely beaten, stop your Pot up close with all these, and keep it in a cool place, and when you find your Stomach ill, take a Spoonful of the Syrup, with 3 or 4 of the Cherries, and eat them with the Stones.

To make Cock Ale.

Take a Cock, draw and truss him as to eat, parboil him, and strip off the Skin, bruise him in a Morter till all the Bones be broken; then steep it in two quarts of the best Sack all night, have ready 8 Gallons of Ale, and when it hath almost done working, put in the Cock and Sack, and four pounds of Raisins of the Sun stoned and bruised in a Morter, and 4 ounces of Dates stoned, and cut into bits, a great Nutmeg sliced, and a little Cloves and Mace

Mace stop it close, and at 7 days end draw it out into Bottles, putting a lump of hard Sugar into every Bottle, and in seven days more begin to drink it; it will keep excellent good a Month after you begin to drink it, perhaps longer in Winter time.

It is good for Digestion, Wind, and any weakness in any Person, and will warm at the Stomach more than any Sack, but not heat.

If you make half the quantity, or sometimes two gallons, you may put in a whole Cock, because it should have every part of the Cock, only you may chuse the less Cocks. A Glass hereof must be taken first in a morning, and last after Dinner and Supper.

To make Mead.

Take one gallon of Honey, and put to it 6 Gallons of cold Water, stir it well together, let it boil one hour, taking of the brown scum, but stirring in the white scum into it; when it is well boiled, let it stand till it be as cold as Wort useth to be when you set it a working; then take a crust of brown Bread, and toast it very well on both sides, and then spread it all over with new Yest, and strew a little Flower upon it, then put it into your Liquor, and turn a Wooden-dish, or Bowl

upon it, and let it work a day or two; you may, if you please, make it stronger by a bating a gallon or more of Water.

If you bruise a little Gallingle, and hang it in your Vessel, or boil it in it, 'twill give a fine taste.

To make Plague Water, an excellent approved way.

Take Sage, Sellandine, Rosemary, Rue, Wormwood, Rosa-solis, Mugwort, Pimpernel, Dragons, Agrimony, Balme, Scordium, Carduus Benedictus, Bittany-flower and Leaves, Marygold-flowers and Leaves, St. Johnswort, Flowers and Tops, of each two good handfuls; then take Butter, Burr-roots, Tormentil, Angelico, Elicampagne, Pyony, Zedoary-roots 3 quarters of an ounce, to each of these put 3 quarter of Liquorice; scrape and slice it very thin, wipe the Herbs clean, and let them lie two or three days a drying in a Room, where no Air or Fire comes. Then shred them, and put them, and the Roots into a Gallon and half of White-wine, steep them two days and two nights, and the next day distil them in a cold Still stop'd close with Paste.

The first drawing will be strong, the second will be smaller, the last very small; you may mix the small and the strong to what height you have a mind, but it is

proper to keep some of the strong by it self.

A Drink against the Small-Pox.

Red Oaker as much as will lie on a Shilling given in the Small pox, in a spoonful of Posset drink.

A Cordial Jelly for the Recovery from the Rickets.

Take a red Cock with yellow Legs, and smother him to death, dress him, and wash him clean with his Appurtenances, and boil with him one handful of Harwort, another of Harts tongue, a little Marjoram, and half a handful of Thyme, with no more Spring Water than will cover him, when it is boiled enough take it off, and stamp them altogether in a Morter; then take a Pottle of Ale, and a pint of Muscadine Wine, put them to the Meat and Broth, and boil them with two Penny-worth of *English* Honey, one Penny-worth of Cloves and Mace, two Penny-worth of Saffron, and half a pound of Raisens of the Sun stoned, put them altogether in an Earthen pot, and let them boil half an hour, so strain it out, and take of this Jelly Evenings and Mornings six spoonfuls a time hot, and therewith anoint all the Joints against the Fire, this Jelly must be made three times for the Patient.

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This has cured perfectly, when a Child has not gone till eight Years of Age.

To make Dr. Stephens's Water.

Take a gallon of good red Gascoigne-wine, then take Ginger, Gallinagal, Cinamon, Nutmeg, Grains, Cloves, Aniseeds, Fennel-seeds, Caraway seeds, of every of these one dram; then take red Mint-roses, Thyme, Pellitory on the Wall, Rosemary, and wild Thyme, Camamoil, Lavender, of every of these one handful; then bray these Herbs, and all the Spices aforesaid small, and put them all into the Wine, and let all stand 12 hours, stirring it divers times; then Distil it in a Limbeck, and keep the first Water by it self, for it is best; after distilled the second Water, it will be good, but not so good as the first.

The Virtues of the Water are.

First, That it comforteth the Vital Spirits, and helpeth the inward Diseases that come of cold; and against the shaking Palsy, the conception of Women that are Barren, it killeth the Worms in the Body, it helpeth the cold, and Tooth-ach put in the Tooth, and comforteth the Stomach, cureth the Drop sic, and helpeth the Stone in the Bladder, or Reins of the Back, it helpeth in a short time a stinking Breath, and

and whosoever useth this Water frequently, yet not too often, it will preserve them in good Health, and make them seem young a long time. It also comforteth Nature miraculously. This Water preserved the Doctor's Life, as he judged, to a very great Age; he confessed before he died, that when he was sick at any time, he used no other Medicine but this Water, and several other Persons of great Note and Quality, has found as great Benefit by it, and had as great a respect for it. If this Water be kept in the Sun all the Summer it will be the better.

To make Limon Water.

Take a quarter of a hundred Limons, pair them, and put the Pills in steep in one quart of Sack, and one quart of Brandy, squeeze the Juice also through a strainer or Sieve, so let them steep 4 or 5 days, then Still them off in a common Still pasted, let them drop upon fine Sugar: Mix the the first and last Bottle together, keep wet Cloaths to the Still.

To make Aqua Mirabilis.

Take Rubarbe, Cardamums, Melilot-flowers, Gallinal, Mace, Ginger, Cloves, Nutmegs, of each a Dram, bruise them grossely; then take of the Juice of Sellandine a Pint, and a Pint of good *Aqua Vita*, and three Pints of White Wine, Infuse all these

these together on the Embers in an Earthen Pot close cover'd all Night, Still it in a Glass Still, or an ordinary Still, *viz.* put into the Glass or Receiver pieces of white Sugar Candy, and Musk and Amber-greese tied up in a Tiffany and Cloath, and a little Saffron.

Another way to make Aqua-Mirabilis.

Take of Cloves, Gallinal, Cubebs, Cardamum, Nutmegs and Ginger, of each of all these one quarter of an Ounce beaten to Powder; of Juice of Sellandine one Quart, of White Wine three Quarts, of the Aqua Viræ one Quart, of Melilior Flowers one handful, mingle all these together, and put them into a Glass Still, or an ordinary Still, and let it stand so all Night pasted very close, and in the Morning distil it; if you pound to Powder a Pound of white Sugar Candy and put it into the Glass wherein it drops from the Still, it will give it a pleasant Taste; also when you tie it up you may put in a little Saffron in a piece of white Sarsenet, and hang it in the Glass of Water before you tie it up, and stop it up close and keep it for your use.

The cold Snail Water.

Take one Gallon of New Milk, of a Red Cow, about 100 of Shell-Snails, wash them clean and crack them, and take them
out

out of the Shells, and a Pint of great Earth
Worms slit along on a Knitting Pin, and
clean wash'd, boyl all these Snails and
Worms in the Milk about half an hour,
then pour them into an ordinary Still, and
put to them Hartstongue, Alehoofe, Cow-
slips of Jerusaleme, and Coltsfoot, of each an
handful ; cut the Herbs with a Knife, that
they may lie well in the Still, to Distil them
with a pretty hot Fire, and now and then
take off the top of the Still and stir them
to the bottom, let the Water drop on 4
Ounces of white Sugar Candy beaten fine,
2 Ounces in a Quart Bottle, this will yield
2 Quarts, and is best to mingle it altoge-
ther, a young Child may take 5 or 6
Spoonfuls, a Man or Woman 8 or 9.

To make Ale for the Spleen.

When your Wort is ready to be boyl'd
you must have three or four Gallons of
Wort at the most, then take a good hand-
ful of Red Dock Roots being clean wash'd
and scrap'd, then slice them and a good
handful of Liver-wort, and as much Ta-
marisk, boyl all these very well in the
Wort, then when you turn it up into your
Vessel, add to it a good handful of Worm-
wood, so much as you can well like the
Tast of it, you may drink of it after three
days settling,

gr. Signifies Graines.

℥. i. Half a Scruple, that is ten Graines.

℥. j. A Scruple.

℥. s. Half a Dram.

℥. j. A Dram.

℥. s. Half an ounce, that is four Drams.

℥. s. An ounce, that is eight Drams.

℥. j. s. An ounce and half.

℔. s. Half a Pound

℔. j. A Pound.

℔. j. s. A Pound and a half.

P. f. Half a Pugil.

P. j. A Pugil.

P. j. f. A Pugil and half.

M. j. A handful.

M. f. Half a handful.

A. m. j. f. A handful and half.

Ch. f. Half a Spoonful.

Ch. j. A Spoonful.

Ch. j. f. A Spoonful and half.

Ingredients for the Ricket Drink.

Take Liverwort, Maden-hair, Hartstongue, Tamarisk, Caper Barke, Ash-Barke, Anniseeds and Liquorish, the quantities according to the Proportion of Ale, but not so much Hartstongue as Maiden-hair, and but a little of Ashbark, and as much Liverwort as all the other Ingredients; boil these things in small Ale, and work it up as other Drink, and when you put it up,
strain

strain out the things, and let the Child drink no other things.

A drink for the Scurvey.

Take Succory, Agrimony, Goats-rew, Fumitory, Harts-tongue, Liverwort, of each two handfuls; of Couchgrafs-roots, yellow Dock-roots, of each a pound; of Garden Scurvey-Grafs, Water-creffes and Brooklime, of each three handfuls; of sweet Fennel seeds, one ounce; of the shavings of Ivory and Harts horn, of each an ounce; put all these into a Bag of Boulter, and put it to three gallons of new Ale, and after three days drink of it for your ordinary drink.

To make Noll's Water, an excellent Cordial.

Spirit of Saffron, one ounce; Confection of Alkermis, one dram; Chymical Oil of Cloves, one dram; two pound of fine Sugar, one Gallon of the best Brandy, stir it all one way, until it's well incorporated, and then let it stand three days, then pour off the clear, and Bottle it.

Then put one quart more of Brandy upon the Grounds, and let it stand one day, then Bottle that off.

To make an excellent Liquor called Skrub.

Take two quarts of the best Brandy, five Limons sliced very thin, the Kernels pick'd clean out, stop it close in any Glass Jar, or any close thing for 4 or 5 days; then

then strain out your Limons, and add to your Liquor one quart of White-wine, three half pints of Water, two pounds of Loaf-Sugar finely beaten, stir the Sugar in till it be melted, then strain it through a thick Flannen, then put it in Bottles, but be sure do not fill the Bottle two full, put it in a cool place.

If the Limons are very thick rinded pare them, and put away the middle rind, because it will give a bitter taste.

To make Dr. Lower's Milk-Water, a true Receipt, which is not in a Book lately put out, supposed to be wrote by him, and other Physitians.

Take Water-creffes, Brook-time, ground Ivy, and the Herb called Sow-thistle, of each three handfuls, dried Mint two handfuls, the rind of two Limons, six Nutmegs, of Whites of Eggs beaten one pint. The Herbs and Limon rind are to be cut small, the Nutmegs are to be bruised, and so distilled off with a Gallon and half of Milk, and one quart of Canary to one Gallon.

A Snail-water for a weak Body, and for weak Children that are of hot temper.

Take 100 or better of Shell-Snails, and wash them in Water from all Dirt, then crack the Shells, and pick them out, take also a good pint of Earth-worms, slit the
Worms

Worms on Knitting-needles; then wash them well, and put the Snails and Worms into a Glas of new Milk of a red Cow, boil them together half an hour, stir it often, then put it into an ordinary Still, and put to it of Coltsfoot, Cowslips of Jerusalem, Liver-wort, Hartstongue, Ale-hough, of each a handful, of Spire Mint, two handfuls. Still these with a pretty hot Fire, stir it sometimes that it cream not at top, and hinder the Water, let it drop on four ounces of white Sugar-candy, it will yield two quarts, mingle it altogether. Let the party drink of it first and last about eight or nine Spoonfuls, young Children five or six. A Man or Woman may take a dozen spoonfuls.

Against Obstructions.

Syr. de Artimis,

de quinq. Rad.

Rosar. Sol cum agar.

} Ana ʒij.

Aq. Pulegij

artimis

volarum

Baragen

} Ana ʒiiijss.

Spirit Vitriol ——— qs.

Mis. p. trib. dos. cap. mane.

This

This Direction is an Infusion, and will be about a pint and half, which must be taken at three times, and Blood warm in the morning fasting, and the party must keep her self warm, and not go into the Air.

A Water for the Jaundice.

Take a peck of Garden Snails, and wash them in a Bowl of Beer, and take half a Bushel of Charcole, and sweep the Hearth very clean, and set them on Fire, when they are thoroughly kindled make a great hole in the midst, and pour the Snails into it, and there let them lye till they be dead, then take them out, and with a clean Cloth wipe all the green froth off them; then take a quart of Earth-worms, and slice them, and strew Salt upon them, and wash them clean with Water, then stamp the Snails with the Worms, together with the Shells, then take a great Brass Pot, and lay in the bottom of it two handfuls of Angelico, and two handfuls of Sellandine, upon that two quarts of Rosemary-flowers, and two handfuls of Bears-foot upon that, and two handfuls of Agrimony, two handfuls of Wood-bitany, and two handfuls of Wood sorrel, two handfuls of the inner rind of Berberies, two handfuls of red Dock-roots, the froth taken out; then lay the Snails upon them, and take an ounce of Rue, an ounce

ounce of Pennygræc, an ounce of Turmeric, stamp these together and lay them in; then pour in three gallons of the strongest Ale, and take an ounce of Cloves, and bruise them, and six penny weight of Saffron fairly ground, and six ounces of Harts-horn beaten to Powder, and put that in them, set on the Limbeck, and close it with Rye-dough, let it stand all night, and in the morning put Fire under it, and receive the Water.

To make Eye Water.

Take one Bottle of May Dew, a quarter of an ounce of white Copperas, a quarter of an ounce of white Salt, boil all these till it come to a quart, and keep it in a Glass close covered. The Salt must be rosted in a wet Cloth in the Embers, both the Copperas and the Salt must be small beaten. The dew must be gathered in the midst of May after a hot Day from Barley, and must stand a clearing,

You must boil this Eye-water in a new Pipkin with a Cover, and let it stand till it be cold before you put it into your Glasses.

The

The Art of Surgery.

Against Giddiness in the Head.

Make a Posset of Carduus Benedictus, and drink thereof fasting in a morning 20 days together, then apply these things following. Quilt in red Taffety with Bombast, Cloves, Nutmegs and Mastick made into Powder, red Sage, Rosemary, Penny-royal, all made into Powder, and so quilted with the Bombast, and laid unto the Crown of the Head, &c.

To make Sugar-plates.

Take of Loaf Sugar, one pound and half; a pound of Starch, four ounces of Powder of Ares-roots, take half an ounce of Diatrachanth, two drams of Innitraganth dissolved in a sufficient quantity of Rose-water, three ounces of Sugar-candy, and so make them up into what you please?

Receipt for a Consumption.

Take an old red Cock, pull it, and quarter it, and break all the Bones, and take a quart of the white-wine, a pound of the best Sugar, and half a pound of the a forenamed Sugar-plates, two ounces of Dates, one ounce of Liquorish, and a spoonful

spoonful of Anniseeds; take of Fennel-roots and Parsley four or five, the Peth taken out; then take one handful of Lunwort, one handful of Liverwort, one handful of Harts-tongue, two Harts-tongue Leaves; then take an Earthen pot that will hold two Gallons, and put in all these Ingredients, then cover it close, and put it in a great Pot of Water, and let it boil 12 hours, then take it out and strain it.

This is to be taken Evening and Morning four or five Spoonfuls warmed.

To make red Powder.

In *May* take a handful of Carduus, a handful of Pimpernel, a handful of Bettony, a handful of Scabias, and a handful of Tormentil. Take these aforesaid Herbs, chop them small, and put them into a quart of the best Aqua Vitæ in an Earthen-pot, and stop them very close for the space of five or six days, and stir it once or twice a day. Take a pound of Bole-armonick, beat it very small, and sift it through the finest Tiffiny scarce you can get; then strain your Herbs through a Strainer, as much as will wet the Bole-armonick, thus sift it to the thickness of a White-pot, then put thereto a small quantity of Diascordium, these things well beaten together, put into a Pewter-dish,
and

and Distil it in the Sun, you must often stir it, pouring in the remainder of the storing of the Herbs, until the whole be distilled, being come to the thickness of Paste, you must make it up in little Cakes, and dry them very dry in the Sun.

To make a Sear Cloth for all manner of Sores, especially for a sore Breast, or any Inflammation, it will serve many times wiped and turned.

Take of Sallet oil, eight ounces; and as much Bees wax of the newest that can be gotten, two ounces of Litterg, one ounce of Mirrh, four ounces of Ceruse, one scruple of Camphire, beat all these into fair Powder, and melt them together in a little Kettle, and when it is all melted, put in as many Cloaths as it will well wet, and lay them upon a Board, the Board being wet with Water to keep them from sticking, slick them with a Slick Stone and hand them to dry, then lay them up for use; this Sear-cloth will retain its Virtue many Years.

For the Worms.

Take of burnt Harts-horn, half an ounce; Purslane-seeds, a spoonful; Couch and Grass-roots, half a handful; Wood-sorrel, a Pugil: Boil them very well in three pints of clear Posset drink, unto a quart,

quart, drink it altogether (that is) nothing else for two or three days together. Then infuse a dram of Rubarb in a quart of Beer, with a few Raisons of the Sun Rioned, which drink at all times, but at meat, beginning after the use of the Posset.
For a very sore Throat or Mouth, or for the Almonds swell'd in the Throat.

Take Sage, Columbine and Woodbine-leaves, and seeth them in a pint of running Water, and half a pint of White-wine, and some pure *English* Honey, and a little rough Allum, seeth these half away, and strain them so, put it up in a Glass close; and when you need, gargle some of the same warm in your Throat, refreshing the same often.

For a swelling in the Throat, being very Raw and Sore.

Use to wash the Throat with Plantane-water, and after that with your Finger, and put in as far as you can some Syrup of Mulberries, holding your Finger as you can endure it to the Sore, and let them go down, this will both Skin and Heal, wash your Throat, and gargle with Plantane-water.

To comfort the Stomach, anoint the Stomach well with Oil of Mace, and Oil of Mints, and keep it warm.

*An excellent Salve to draw and heal old Sores
or Wounds.*

Take half a pound of ston'd Pitch, two Spoonfuls of good Honey, a quarter of a pint of Saller-oil, 2 spoonfuls of ordinary Turpentine, one ounce of good Wax, and half an ounce of white Frankencence, and two spoonfuls of the Juice of Sellandine, boil all these one quarter of an hour, after scrape it, cover it until it be cold, so keep this as your need requireth.

If the Sore be deep, tent it well inward, and lay a Plaister of this over all; this kept close covered will keep a Year.

For a Cold.

Take three pints of running Water, one good handful of un-set Ilop, and fix Figs, sliced, one spoonful of Fennelseeds, one spoonful of Anniseeds, one stick of Liquorish sliced, boil all these to one quart; then strain it, and put into the same two ounces of brown Sugar-candy, take of this three or four spoonfuls in the Morning at four of the Clock in the Afternoon, and at going to Bed.

*A Poultis to lay upon the Face or Eyes; that
is much swelled with ill Humours.*

Take new Milk, and lay the Crumb of stale white Bread in soak therein, afterwards take the Bread out of the Milk
being

being well soaked, and roast an old Pipin, and take the Pap thereof with 2 Yelks of Eggs, and beat them well altogether, but do not boil them; so make thereof a Poultis, spread the same Plaister wise, and lay it on the place grieved, cold, do this as often as there is cause.

To make Cheney-Broth to restore a weak Body that is in a Consumption.

Take an ounce of Cheney roots, and half an ounce of Sarsaparilla, put these into three quarts of fair Water, set it over the Fire 12 hours with the Cheney roots sliced; then put in a piece of Mutton, or a Chicken, and let this seeth, and scum it clean, then put in a Manchet cut in two, and one handful of Plantane-leaves, and half a handful of Mother of Thyme, three or four Sprigs of Rosemary, and some sweet Marjoram, and a quarter of a pound of Raisins of the Sun ston'd, let all these boil close covered, until it comes to a quart; after strain all.

Against shortness of Wind.

Take Mistletoe that groweth upon the white Thorn-bush, leafe and all, prick Papers full of holes, and lay the Mistletoe and Leaves upon them, and so dry them in an Oven after the Bread is drawn out, and when it is dried beat it into Powder, and put it into a Box where it will keep

close two Years, you must take for a Man or a Woman as much as will lye on a six-pence, and for a Child as much as will lie on a groat, and put it into a penny Pot full of any sort of drinke, such as the Party best loves, and let them drinke every Morning thereof until ease be found.

An excellent Salve made of Agrimony.

Take in the Month of May two pounds of Butter unsalted, 8 handfuls or better of Agrimony, pick the Leaves from the Stalks, chip them very fine, and work them very well together in the Butter; then make them up in Balls, and put them up in some Earthen pot very close bound up, so let them stand in a Celler, or cool Room until they be mouldy, that is about half a Year, then melt and strain them into a Gally-pot, or some other clean Vessel fit to keep it in tied up very close, this will keep good two Years.

This is good for many things, but chiefly for a burn to get out the fire and heal it, though the Burn be never so sore, and the Skin off. It is also good for a bruise or fall, being well and warm anointed often, and chafed against the Fire.

For

For sore Eyes, or one that has a Pin and Web in the Eye.

Take Sage and stamp it, and strain it the same with a little Womans Milk, and then put into it a little pure *English* Honey, and put it into a little Viol, and shake the same very well together, holding the Mouth of the Glass very close; and three or four times a day lie down, and with a Feather drop a little into the sore Eye, this will smart pretty much, but will take away the greatest Pin and Web that can be. Do not boil these things, nor heat the Honey although it be hard, 'twill dissolve in time with shaking.

The black Salve for an Ach or Wound.

Take a quarter of a pound of unwrought Wax, two ounces of Pitch, two ounces of Rosin, two penny worth of Olifanon, half a pint of Sallet oil, half a pint of Turpentine, melt all these together on the Fire; then take one handful of Tulsen-leaves, one handful of Plantane, one handful of Tops of Rosemary, bruise these Herbs together in a Mortar; then put them into a Pan to the aforesaid Stuff, and let them all boil together, stirring them till they be half boiled away, then strain it through a new course Cloth, so keep it all the Year in a Box, you must take it as often off from the Fire, as it riseth

in the setting, or else it will run all in the Fire, and as it falleth set it on again till it keth half away.

This is very good for an Ach, if it be laid on Plaister wise, and for a Wound the same way, or with a Tent as you shall see occasion, lay it not to a bruise where the Flesh is not cut, for it will draw away all the bruised Flesh, but in such a case only anoint the bruised Flesh with Oil of Roses twice a day, and keep it warm, and it will heat without fail. This Salve will cure a burning burnt with Fire.

For a Heat in the Face.

Take Plantane-leaves and stamp them, and then boil them in sweet Butter, then strain them, and so keep it as an Ointment all the Year as you need, where the heat is.

Or,

Take good Camphire, and steep it in Plantane-water, and wet the Face Evening and Morning with it cold, or dress it three or four times a day if you will.

To clean Teeth.

Rub them with the Roots of Mallows, and then with a Linnen Cloth.

For a Burn or Scald.

Take black or grey Soap, and lay it to the Sore immediately.

Or,

Or,

The Berries of Elder-tree, and lay them
to the Sore.

Or,

Take Oil of Olives, and beat it with
Water, till they Wax white, and anoint
the place.

For the Worms.

If a Child void a Worm, then take the
Worm and dry it till it will Powder, and
then give it the Child again to drink in
Ale or Wort, and it shall kill all the rest of
the Worms, or cause them to come forth
alive.

*Lozenges for a Cough or Rheum in the
Stomach.*

Take half a pint of Coltsfoot water,
and half a pint of Iffop-water, and put in
it a pound of refin'd Sugar, beaten fine, set
them on a soft fire of Charcole in a Skil-
let; then take six slices of Elicampane, and
scrape the out-side, and lay them in warm
Water one hour, then into the Skillet into
the Liquor, and when it is boiled to the
height like Ambergrease take it off from
the fire, and take a little Pewter-plate, and
a little beaten Sugar upon it, and take
the Elicampane out of the Skillet by
spoonfuls, and Liquor with it on the
Plate, and when it is cold it will come off
without sticking.

E 4

Keep

Keep them in a close Box, and take of them as you need, or when you peel the Cough or Rheum.

For a Rheum in the Head.

Take Bole Armonack and heat it with the white of an Egg, and lay it to the Nape of the Neck.

To take dead Flesh out of a Wound, or old Sore.

Take fresh Nettles, new gathered and dry the Leaves between new Tiles, beat them to a fine Powder searced, lay this Powder on the Sore as often as you see Cause, and it will draw forth the dead Flesh.

For the falling Sicknes, Palsy or Gout.

Drink your own Water two or three days, or a week in the morning fasting, and walk upon it, and it will prevent these Diseases.

A Purge for the Head.

Take Pellitory of Spain, and chew a good quantity of the Roots three days, it will purge the Head, and cause the Teeth to stand fast.

For a Lameness, or pain in the Limbs.

Take two handfuls of Mallows, and a Sheep's Head, or half a Loin of fat Mutton, and seeth all these together until the Bones, and the Flesh fall a sunder; then take the Broth and bath well the Patient, very hot against the fire, where the pain is,

at

at his going to Bed, and so wrap him in a hot sheet, and put him in Bed.

A Poultis to ripen and break any Sore or Impostumation.

Take a pint of new Milk, and a handful of dried red Rose-leaves, and the crumbs of white Bread being grated, and seeth it together till it be very thick; then put into it two spoonfuls of *English* Honey, and a good spoonful of Capons-grease, and a good spoonful of good Turpentine, and so let all seeth together two or three walms more; then spread it on a Cloth, and lay it on the sore place, this will ripen it, and break it, then lay on some drawing and healing Plaister.

For a broken Skin, or any other place that will not heal.

Take Tarr, and lay it on the sore, and 'twill both heal and dry, this hath drawn many little Worms out of the Flesh, which hath been long Sore and festered.

An excellent thing for the Stoppage in the Stomach, and to break the Flegm.

Take a quart of Ale, and clarify it over the fire, and put in a handful of Balm, and let it boil well, and so sweeten it enough with white Sugar-candy, and then drink a good draught of it Morning and Evening, and it will open the Sto-

mach, carry down the Flegm, and do you much good.

Pills against Faintingness and Vapours.

Aloes, Rosale, half a dram ; Powder of Castor two grains, two drops of Oil of Amber, make them into four Pills, and take two at Night, and two in the Morning, for three or four times ; resting three or four Days between.

A Drink for the same.

Take of single Piony roots, and of Orice root, of each three ounces ; Juniper-berries two ounces, Water-cresses and Sage, of each three handfuls, four Oranges quarter'd, put them in a Bag, and hang it in three gallons of small Ale, and drink it at a Week old, not drinking other drink.

A Fulep for the same.

Black Cherry-water twelve spoonfuls, Laugnis, Antiepileptick-water six spoonfuls, Syrup of Peon three spoonfuls, shake all these together, and take three spoonfuls last at Night, and first in the Morning.

A Vomit for a foul Stomach.

If a Stomach is foul, and disposed to Vomit, boil Carduus, and Centery Figs, Liquorish and Anniseeds in Posset drink, and drink store of it.

An excellent Electuary for a Cough.

Take Conserve of red Roses, ʒj. ss.

Conserve of Comphory-flowers, ʒj. ss.

Conserve of Violets, ʒj.

Pulp of Raisins of the Sun, ʒij.

White Sugar-candy, ʒij.

Spirit of of Sulphur and Vitriol, of each three drops.

Powder of Fox Lungs, and Flower of Brimstone, of each one dram, and a half with ʒij. ss. of Syrup of Violets, make it into an Electuary, - of which take the quantity of a Walnut twice in a day.

For a sore Mouth or Throat.

Take the Ashes of true Scarlet, well burnt in a clean Fire-shovel, then take as much as will lie upon a Shilling, and stir it well into two ounces of Syrup of dried red Roses; then touch the Sore part with a Feather two or three times a day for a young Child, to put a little in with a Spoon after sucking the quantity of a Thimble, cures a Childs Mouth.

An Eminent Physitian's Direction for the Gout, &c.

Opening and drying remedies to open the part and breath out the humour, which when spent by a strengthening Minister of Paracelsus, but first a Fomentation of Bay-berries and Leices, Southern-wood,

wood, Chamomil-flowers, and St. Johns-wort boiled in Urin to bath the part going to Bed, but before and after bathing foment the part with a Rag singeing hot; dry it in the best rectified Spirit of Wine to keep it warm, and when the swelling is abated apply the Plaister.

A proper drink for the Gout.

Take of live Nettle roots, and young Leaves four handfuls, Dandelion-roots two handfuls, Scorzanera-roots two ounces, sharp pointed Dock-roots, Munks, Rhubarb, of each half a handful; of Agrimony and Bittany, of each two handfuls, three or four Leaves of Harts-tongue, Brooklime and Water-crelles, of each two handfuls, boil all these in three gallons of middle Alewort a little while, and turn it up in to a Vessel that will hold a gallon more, and put the Ingredients into a Net, and hang them in a Vessel that will hold a gallon more than that wort, then you may stop up your Vessel to hinder the spending of the Spirits in the working.

Take 4 ounces of the best Sena, half an ounce of the best Troches of Agarick, and an ounce and half of Juniper-berries, infuse these all Night in a quart of White-wine, the best with 2 Pngils of fresh whole Garden Scurvy-grass-leaves, so tie all up in a clean thin Bag, and leave these last
Ingre-

Ingredients to be sunk in the middle of the Vessel, which then stop close up, and after a Weeks space, drink from half to a whole pint, after the eating of a preserved Walnut, and so do in the Afternoon as you see occasion; after this use for your ordinary drink, take of Straboin-roots and Leaves 6 handfals, Dandelion-roots 2 handfals, and as much of Barag, boil these in 4 gallons of Wort to 3 gallons, take of Sarsaparilla-roots, slit and cut 4 ounces; shavings of fresh Deal one good handful, Sassafras-wood shavings half an ounce, boil all these in a gallon of Spring-water to a Bottle, so tie it up with the rest of the drink with a good handful, a top with the Flowers of Rosemary, and a bruised Nutmeg, stop it up close, and after 10 or 12 days space drink it for your ordinary drink, if you find it too strong of the latter Ingredients, boil it to but 3 quarts.

Direction for one with Child, good against Wind; by an Eminent Physician.

Take half an ounce of Orange Chips grossly shred, two drams of Venice Treacle, and as much Syrup of Gilliflowers, as will make them up in an Electuary of a middle Consistence, whereof let the Party take the bigness of a Nutmeg, one or two hours before dinner, and at bed time.

For

For a Fulep.

Take of Citron-water 3 ounces, black Cherries and Orange-flower-water, of each one ounce and half, Bezoar-water one ounce, Manuschrifti Perlati six drams, all these well mingled together, whereof let the Party take 3 or 4 spoonfuls after the Eleſtuary, or at any other time.

The Receipt of the bitter Decoction.

Take Carduus-seeds bruised one dram, Gratian roots thin sliced, ten grains of the tops of Century and Camomel-flowers, of each as many as may be held betwixt 2 Fingers, and a Thumb, boil these gently in somewhat better than six ounces of Water, to make a quarter of a pint clear, if you think fit, you may add a dram of Senna in the boiling.

Dr. Lower's Receipt to stop Vomiting.

Take Claret-wine and Mint-water in a Pewter-plate, put it over the fire, and cut a penny Loaf of white Bread in two, and toast it, and put in a warm Cloath, and let it dry a little, and hold it over the fire, it must not be too wet, and then lay it upon the Pit of the Stomach.

The Powder against Convulsions, or the falling Sickness.

Take the Scull of a Man never buried; of the Male-piony-root, the Root of Elliecampane, of each one ounce, Mistletoe of
the

the Oak two ounces, Mageries of Coral two ounces.

All finely powdered, mingle all the Powders together, and give a Child as much as will lie on a three pence; to a Man or Woman as much as will lie on a six pence. Children may take it either in Breast-milk, or black Cherry-water; elder Persons in half a spoonful of Water. The Apothecaries call it *Aqua Epileptica Langij*.

A Receipt good for the Scurvy.

Take four ounces of Scurvy-grass-leaves, six ounces of Sugar, the weight of a Brass half penny of Cinnamon finely powdered, mix all these together, and beat it to a Conserve, and let the party take a Knife pointful at a time in the Morning fasting, and at four of the Clock in the Afternoon.

For the Worms.

Take as much burnt Harts-horn as will lie on a six pence, and give it either in Broath or Pollit-drink.

Take a whole Barly, and dried red Roses, and course Bran of each a Pugil; of Liquorish scraped and bruised one ounce, of Raisins of the Sun stoned one ounce and half; boil these in a sufficient quantity of Cleer-water, and give this as a Glyster
half

half an hour after the taking of the burnt Harts-horn.

A Purge for the Head and Stomach ; by an Eminent Physitian.

Take of the Leaves of Senna ℥iij. Anniseeds 3j. boil them in a small quantity of Fourer-water, then strain them, and infuse therein of Rhubarb ʒij; then boil it again, and dissolve therein of Syrup of Roses ʒjss.

A Clyster for the Chellick, by the same Physitian.

Take of the Leaves of Mallows, Mercury, Violets, Camomil and Penny-royal, of each half a handful; of Anniseeds and Fennelseeds 3oj. of course Bran and dried, red Roses, of each a Pugil; let them strain them, and in ʒxij. of the Liquor dissolve, of Syrup of Roses, and brown Sugar, of each ʒij. and give it as warm as can be indured.

A Purge to be given after the Small-pox.

Take a quarter of an ounce of Senna, and half a spoonful of Anniseeds bruised, a little Mace, boil these in a pint of running Water, until half be boiled away; then put into that Liquor one ounce of Syrup of Damask-roses, and give it in the Morning fasting, and fast one hour after, and then take some Broth.

Direct-

*Directions for a Consumption, by an Eminent
Physitian.*

Anoint the Breast every Night with Oil of sweet Almonds and Butter, and take Oil of sweet Almonds, and white Sugar-candy often with a Liquorish stick.

Take of old Conserve of Roses an ounce, Flower of Brimstone a dram and half, clarified Honey, as much as will make it of an indifferent Consistence, and make use of it with a Liquorish stick as before; or thus, Take of the Syrup of Hyssop, Hear-hound and Violets, of each half an ounce, mingle them well together, and use it as formerly.

A Drink for the same.

Take of the Roots of China two ounces, let them be thin sliced, and put into a Pipkin with a gallon of fair Water, and let them stew 24 hours upon hot Embers; then strain it, and put it into a new Pipkin with a Capon and Knuckle of Veal, and the same China, and Skim it clean; so let it boil upon a clear Fire, until the Meat quit the Bones.

Then take blue Raisins of the Sun stoned two ounces, Harts horn two ounces, a spoonful of Pine-apples-seeds, and as much Pearl-Barley, 12 or 14 blanch'd Almonds, and two Sticks of Liquorish cleansed and bruised: Let all these infuse
upon

upon the Fire for an hour and half; then strain them, and keep them for your use, taking a Porringerful before she rise, and lye a little after it, half a Porringer before Dinner, and as much before Supper; thus doing until the whole be spent; if she find benefit by the use of this remedy, let her renew the use of it. Let her use much and often, Conserve of Roses; and let her eat such Meats as are of easy Digestion, and agree best with her Stomack.

Against Deafness, by an Eminent Physitian.

Take of Time, Bittony, Rosemary and Rue, of each a handful, boil it in a pint of Sack, and a pint of strong Ale, mixt, till half be boiled away, then strain it, and inject of the Liquor Blood warm.

For a Cough.

Take Conserve of Roses one pound, Raisins of the Sun stoned half a pound, brown Sugar-candy a quarter of a pound; mix all these into an Electuary, with Spirit of Vitriol and Sulphur, of each twenty drops; and take the quantity of a Nutmeg Morning and Evening.

Powder for a Cap.

Take of yellow Amber of Mastick, of Gumsandrach, of each one ounce and half, of sweet Calamintha, of Nutmegs, of each two ounces, of Cinnamon two drams, of Roman Nigella seeds one dram,

of

of red Roses of Lavender flowers, of sweet Marjoram, of each one dram and a half, beat these into gross Powder, and quilt them in a Cap.

To make the Leaden Plaister.

Take two pounds and four ounces of Oil of Olive of the best, and one pound of red Lead, and two pound of white Lead well beaten into Dust; twelve ounces of Spanish Soap, and Incorporate all these well together in an Earthen pot well glazed; before you put them to boil; and when they are incorporated, so that the Soap cometh upward, put it upon a small Fire of Coals for the space of one hour and half, still stirring them, with an Iron Ball upon a Stick, and then make the Fire somewhat bigger, until the redness be turned into a gray Colour, but you must not leave stirring of it till the matter be turned into a colour of Oil, somewhat darker; then drop it upon a Wooden-Trencher or Table, and if it cleaves not to the Table, or your Finger it is enough, then take a Conglinning Cloath, eight Fingers broad, and dip it in them, and when it begins to be cold, smooth it upon a Table with your Hands, or a sleek Stone, and keep it for use; it will last twenty Years, the older it is the better.

The Virtues of this Plaister are these: Being laid upon the Stomack, it taketh away any grief in the Stomack, the same being laid upon the Belly, is a present remedy for the Chollick, being laid to the Back, is good against the bloody Flux, and the running of the Reins, for the heat of the Kidnies, for the weakness of the Back; it healeth all Swellings, Bruises, and taking away all Aches, and breaketh Issue Pusshes, and other Impostumes, and healeth them; it draweth out any Rheums without breaking the Skin, and being placed to the Furdament, it healeth any disease there growing: It being laid to the Head, it is good for the Eyes; and being laid to the Belly of a Woman it procureth the Terms, and maketh her fit and apt for Conception.

For Fits, Sounding, or Convulsion.

Give the quantity of three Pepper-corns of Asaferida to a Man, and to a Woman as big as two, and to a Child as much as one Pepper-corn; and two drams of white Amber to a Man, and a less quantity to a Child, mixt with Syrup of Succory, one ounce of Treacle-water, with Syrup of Gilly-flowers; give it to drink fasting one hour before, and one hour after. It may be given two or three Days together.

A Surfet Water.

Take one gallon of Poppies, to two quarts of Aquavivæ, steep them together two Days, and two Nights, squeeze the Poppies with your Hand, when you take them out, and put the Liquor into Bottles, and put eight Cloves into each Bottle, with a quarter of a pound of Sugar: For a Surfet, or other Distemper, give two Spoonfuls or three to a strong Man.

To make an Excellent Poultis for any Ach or Sore.

Take White-wine a quart, of Wheat-flower, as much, and somewhat more, and make the Wine thick with the Flower, as thick as a Hasty pudding, then set it over the Fire, and stir it continually till it be boil'd so thick, that you can hardly stir it any longer, then put in some Boars-grease, the quantity of a Turkey Egg, and somewhat more, till the Poultis will not stick upon your Finger; then put it into a Bowl, together with the whites of four Eggs very well beaten, then work altogether with a strong hand, till it come to be a dough, and whensoever you make use of it, beat it with a little Boars-grease, being very well beaten, so apply it as occasion shall serve; lay it upon the Sore very warm and thick.

A Laxative, by an Eminent Physitian.

Take two ounces of Oil of sweet Almonds new drawn, the Almonds blanch'd in cold Water, white and unspeck'd with great care prepared, one ounce of clear Syrup of Maiden-hair, and one ounce of Syrup of Jujibes, and as much of double refined Sugar as will lie on a Half-crown blend all these one hour in a Stone-mortar and put the Sugar at the bottom, and then put in the Syrups and Oils by degrees, and incorporate them all well together. Take it on a Liquorish-stick, or otherwise in a Spoon, and a spoonful mixt with draught of Possit-drink, and brewed together.

Use the above-said Syrup for a Cold, and for the Stone, Syrup of Althea, or Syrup of the five opening Roots — For Gripes use Syrup of Althea and Maiden hair.

For a Gargle.

Take two or three ounces of the Inner bark of an Elm tree, boil it in a quart of Water till half a pint be consumed sweeten it with Syrup of Mulberies or Sugar.

For an Ague.

Take a penny worth of Olibanum, penny worth of Venice Turpentine, half penny worth Bolealmonick, mix these together, and spread as much of it upon Sheeps Leather as will make a Plaster

Inch broad to go round the Parties Breast which must be worn till they drop off.

For the Heart-burn

Take upon an empty Stomack, as much of the Powder of calcined Oyster-shells, as will lie upon a six-pence——. To calcine the Oyster shells scrape with a Knife, as much of the scales off the Shells as you can, then wash them, and make them clean with a Rubbing-brush, then put them into an Earthen-pot, and bake them with your Bread, then pound them, and sift them through a fine Seive.

An Excellent Purging pill prescrib'd by Dr.

Lower, which is not in the aforesaid Book, and therefore I much doubt the Medicines therein prescribed are not from his own Hand, which this is immediately.

Take of Rustus's Pill two drams, of Queintans, Tarters-pill one dram, of the Spices Hiera-picra one scruple, of Rhubarb half a dram, of Salt of Tartar half a scruple, of Chymical Oil of Marjoram three Drops, make them into a Mass and 12 Pills to one dram.

Take three or four at Night when you go to Bed once in a Week.

For the Dropsy.

Take a pint of Mustard-seed, put it into a quart Bottle, fill it up with Ale or White-wine, so drain it off, and drink
half

half a pint Fasting, and in a Morning, and as much at four in the Afternoon ; as the Bottle empties fill it again, as long as the strength of the Seeds last.

Another for the same.

First lay a Mithridate Plaister all over the Stomack and Bowels, then let the Party take (if a Woman) 20 drops of Spirit of Vitriol in Rhenish-wine, and increase every day till they amount to 40; and afterwards twice a Day Fasting an hour and half before and after, drink no small Liquor but good Wine, and strong drink after Meals, and betwixt Meals hot dry Bisket often, strong Beer, Ale and Wine with Wormwood, Mustardseeds, Elder and Broom steeped in it, and to keep warm and chearful.

When the Distemper abates leave off the Vitriol by degrees.

To Staunch Blood in a Wound.

Take an ounce of Copperas made into fine Powder, and half an ounce of Bole-armonack powder'd, and mingle them together, and cast of this Powder into the Wound, and it will Staunch the Blood and Balmnest.

A Remedy against an Ague.

Take two handfuls of Grunsel, and bruise it, then take the quantity of a good big Walnut of Crown-soap, and as much

much beaten Pepper, then mix these together, and spread it on old Rags, and Air it over the Fire, and lay it to the Soles of the Feet, an hour before the Fit comes, and let it continue on till the next Fit, then lay on a fresh one, an hour before the Fit comes again, and drink a good quantity of Carduus-posset-drink, when the Fit is on them.

To Skin Nipples.

Milk with Allom washt, and then beat some *English* Honey with the clear, and dip a Rag in it, and lay on the Nipple; then have Mutton-suet shred very fine and melted, and strained, and then dip a Rag in that, and clap it on the other to keep it supple and warm.

Against the dry Itch.

Take the best Soap, and Aqua Viræ, and beaten Pepper and boil them in a new Pipkin a little while, and then anoint the dry Itch.

For the green Sicknes, and shortness of Breath, and such like Illness.

Take a middle sized Orange, cut a hole at the top, and pick out half of the Meat, then put about 12 penny worth of Saffron, lay on the top again, and rost it gently, turn it often; then have ready a Bottle of White-wine, in a broad mouth'd Glass or Jug, and put in three ounces of Liquorish scraped and bruised, and two ounces of
F white

white Sugar-candy; then put in your Orange hot and whole, and let it lie a Day and Night, then give the Party a wine Glas full in the Morning fasting, and in the Afternoon, and let them walk after it.

An highly approved Medicine for the Dropsie.

Take Broom, and strip it downwards to the Root, burn it in a clean Oven; take a quantity of a penny Loaf of the Ashes with your Hand, put to it a quart of White-wine, let it stand together twelve hours, until it be like a lye, then strain it out, and drink of it in the Morning fasting half a pint, so much in the Afternoon about four a Clock, and so much going to Bed (if the Patient be very ill) if not, Morning and Evening will serve. Keep a good Diet, especially from salt Meats; refrain Beer as much as possible you can: When you begin to drink the quantity make another quart, and so make it one after another, and within one Week you shall see whether it will do you good or not.

A good Receipt for a Cough or Rheum, and to clear the Sight.

Lignum Aloes, Storax, Saxafras Bark, Amber, of each one dram; Sut, Betony, half an ounce; Rosemary-flowers, or Rosemary it self, a quarter of an ounce, and

as much Tabacco mix with it as you put of Rosemary; take it in a Pipe at Night in Bed, and oftner if you think fit.

For a Burn or Scald.

Take half a pound of Lintseed Oil, two ounces of Bees wax, boil them a good while on a gentle Fire, stirring it all the while, then let it stand and cool, and then put in two ounces of sweet Butter, stirring it very well, then set it on the Fire again, and let it Simmer a quarter of an hour, then let it stand as long off the Fire, and heat the Yelks of two Eggs, and put them in, and stir it until it be cold.

To wash the Mouth and Teeth.

Take a quart of the Water of Smiths Forge, and put thereto, when strained, half a handful of Scurvy-grass, Straw-berry-roots and Leaves, and Columbine-leaves, of each a handful, boil 'em well together, then strain them, and dissolve in that decoction some Allum and Honey, as much as you think good.

For a Bruise or Sprain.

Take Comfry-roots and Leaves sliced, stir and boil them in a quart of Salt-butter, and apply it as a Poultice to the Part grieved.

To make the Oil of St. Johnswort a singular Balm, of any green Wound, Ach or Bruise.

Take as much of St. Johnswort as you will

will, of the Flowers, Buds and Seeds, and put thereto as much White-wine as will cover the Herbs; then stop it close, and set it into the Sun 10 or 20 Days, fill not the Glass full by a great deal, then put as much Sallet-oil in it, as will be two Inches above the Herbs; for if the Glass be full it will work over, let it stand one Month in the Sun, then set it on the Fire and Boil it till all the Wine be consumed, then strain the Oil from the Herbs, afterwards put a pint of Oil, one ounce of Turpentine, one ounce of Oil of Mirrh, one ounce of Mastick, half an ounce of Nutmegs, half an ounce of Cloves, half an ounce and a dram of Saffron, let these be beaten together somewhat gross, then boil it two hours, and so keep it to use as you please.



F I N I S.